Directory of

Health Education Resources 1983

Nova Scotia

Department of Health

Health Promotion Division

This directory of health education resources is the third edition to be published by the Department of Health. The main body of the directory consists of an alphabetical listing of community health agencies outlining information about publications (i.e. pamphlets, flyers, posters, books, kits) and audio-visual aids (films, slides, filmstrips, tapes) as well as current addresses and phone numbers of offices within Nova Scotia. Addresses and phone numbers of other health agencies, of interest to educators, is located in the back of this directory.

The information in this directory is the most up-to-date as of June 1983.

I would like to thank all those who contributed to this directory and I hope that it will serve as a useful resource to all individuals seeking information on available health education resources within our province.

Shirley Campbell
Public Information Officer
Health Promotion Division
N.S. Department of Health
June 1983

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OTHER HEALTH RELATED AGENCIES (address and phone numbers only). . . 82

(The) Arthritis Society - Nova Scotia Division

5516 Spring Garden Road
Halifax, Nova Scotia
B3J 1G6

Phone: 429-7025

PUBLICATIONS (Pamphlets, Books, Posters)

About Arthritis	Free
About Gout	Free
About Juvenile Rheumatoid Arthritis	Free
About Osteoarthritis	Free
About Rheumatoid Arthritis	Free
About the Arthritis Society	Free
Adjusting to Rheumatoid Arthritis & How To Conserve Energy and Protect Joints	0.10
Aids and Adaptations	2.50
Ankylosing Spondylitis	0.75
Assessment of Joint Disease (For Professional Use Only)	1.00
Care of the Back	0.45
Care of the Feet	0.45
Care of the Knee	0.45
Care of the Neck	0.45
Easy is the Name of the Game	0.25
Learning to Cope with Arthritis, Rheumatism and Gout	1.25
Lumbar Disc Disorders	0.75
Marriage, Sex and Arthritis	0.75
Primer of the Rheumatic Diseases (For Professional Use Only)	1.75
Self Help Manual for Arthritis Patients	5.00
SLE - Systemic Lupus Erythematosus	Free
The Truth About Aspirin for Arthritis	Free
The Truth About Diet and Arthritis	Free
You, Your Child and Arthritis	1.00
Your Garden and Your Rheumatism	0.50

Canadian Cancer Society - Nova Scotia Division

201 Roy Building
1657 Barrington Street
Halifax, Nova Scotia
B3J 2A1

Phone: 423-6183

REGIONAL OFFICES

Halifax Unit
1657 Barrington Street
Suite 511
Halifax, Nova Scotia
B3J 2A1

Phone: 423-1874

Dartmouth Unit
184 Portland Street
Dartmouth, Nova Scotia
B2Y 1J4

Phone: 466-4267

PUBLICATIONS (Pamphlets, Books, Posters)

Answers to Your Questions
Bookmarks - Celly
Cancer Facts
Cancer in Industry
Cancer Prevention
Sense in the Sun
Seven Steps to Health
Cancer Facts for Men
Cancer Quests
Research vs Cancer
Learn the Signs of Cancer
Information Packages for Individual Projects
Teaching About Cancer
Being a Volunteer

SCHOOL KITS: (Subject to Approval)

Celly - Grades Primary to 2 (Free)
Smoking Kits - Grades 4 to 6 (Free)
Decision-Making Kit - Grades 7 to 8 (Free)
Biology Program - High School (Free)
Social Studies Program - High School (Free)
High School Test Papers (Free)

SITE

Breast	Hodgkins	Lung	Stomach Esophogel	Thyroid
Bladder	Larynx	Prostrate	Stomach	Uterine
Colorectal	Leukemia	Skin	Testical	

Canadian Cancer Society - Nova Scotia Division

PUBLICATIONS (Pamphlets, Books, Posters) - continued

SMOKING

If You Smoke - Here's What Your Doctor May See
Should You Smoke During Pregnancy?
Smoking and How to Kick The Habit
Smoking and Your Mouth
Smoking - The Unconscious Act
So You're Going to Start Smoking
Thank You for Not Smoking Table Cards
When A Women Smokes
Second Hand Smoke

WOMEN

Breast Self Examination
BSE Flip Chart (ON LOAN)
BSE Transparencies (ON LOAN)
Cancer Facts for Women
Pap Test
Pap Transparencies (ON LOAN)
OMNI Kits (ON LOAN)

OTHER

Exfoliative Cytology
Clinical Oncology
Film Catalogues
Rules and Regulations of the CCS
Public Meeting Posters
Posters - Education
Transparencies - Lung; Pap Test; BSE
Expo Displays (2) 10 panels and smaller inserts
Slides
Video Tapes
Information packages for Workplace Cancer Education

AUDIO VISUAL AIDS (Films, and Film Guides - ON LOAN)

Its's Your Decision - Film with User Guide
No Show - Film with Handouts and User Guide
I'm Not Superman - Film with Handouts and Audience Guide
Todays People - Film with Handouts and User Guide
Unconscious Act (The) - Film with Handouts and User Guide
You Don't Smoke, eh? - Film with Handouts and User Guide
Feminine Mistake & Guide
Women In their Middle Years and Guide

Canadian Cystic Fibrosis Foundation - N.S. Chapter

16 Maplegrove Avenue
Lower Sackville
Nova Scotia
B4C 2G9

Phone: 865-3731

PUBLICATIONS - (Pamphlets, Books, Posters)

Facts About Cystic Fibrosis
Your Child and Cystic Fibrosis
You Were Asking
Respond to Workers with Cystic Fibrosis
A Cystic Fibrosis Child in Your Class - Teacher's Guide
For Nurses - Cystic Fibrosis
Challenge of the 80's

AUDIO VISUAL AIDS - (Films, Tapes, Filmstrips, Slides, etc.)

Write directly to the following address:

Canadian Cystic Fibrosis Foundation
586 Eglinton Avenue East
Suite 204
Toronto, Ontario
M4P 1P2

Phone: (416) 485-9149

A Chance to Live (5 minutes)
Challenge of Research (5 minutes)
Diagnosis and Management of Cystic Fibrosis (20 minutes)
Dianna (27 minutes)
The Story of Sue McKellar (17 minutes)

Canadian Diabetes Association - Halifax and District Branch

1673 Barrington Street
Halifax, Nova Scotia
B3J 1Z9

Phone: 421-1444

PUBLICATIONS (Pamphlets, Books, Posters)

Small quantities of materials can be picked up from:

Canadian Diabetes Association
Halifax and District Branch
1673 Barrington Street
Halifax, Nova Scotia

or

Materials can be ordered directly from:

National Office
Canadian Diabetes Association
78 Band Street
Toronto, Ontario
M5B 2J8

Phone: (416) 593-4311

00111	Alcohol and Diabetes - Do They Mix	Free
00211	Birthday Bonanza	Free
00411	Eating Out and At Home	Free
00511	Metric Measures	Free
00611	The Diabetic Way of Eating (English)	Free
00811	Nutritional Counselling for the Pregnant or Gestational Diabetic	Free
02211	Guidelines for the Nutritional Management of Diabetes Mellitus: 1980 (for physicians and other health professionals)	Free
02511	Adapted Guidelines for the Nutritional Management of Diabetes Mellitus: 1980 (for people with diabetes and their families)	Free
02611	Planning Meals for your Diabetic Guest	Free
02711	Example Eating Plans & Menus	Free
02421	Just Like Any Other Kid	Free
00921	Your Eyes and Teeth Matter Too!	Free
01021	Diabetes Does Have Complications	Free
01121	Treat Your Feet . . . with care	Free
01321	The Student with Diabetes	Free
01421	Pregnant and Diabetic?	Free

Canadian Diabetes Association - Halifax and District Branch

PUBLICATIONS (Pamphlets, Books, Posters) - continued

02821	The Diabetic's Guide to Health Care	Free
01721	Travelling with Diabetes	Free
01821	What About Driving, Dating, Drinking ... and Diabetes?	Free
03121	L'etudiant atteint du Diabete	Free
20131	What is the Canadian Diabetes Association?	Free
20231	What Is Diabetes	Free
11112	Poster: Good Health Eating Guide (English)	1.25
11212	Vive la Sante Vive la Bonne Alimentation (Fr)	1.25
12112	Book: Good Health Eating Guide (English)	3.40
11412	Pamphlet: Good Health Eating Guide (English)	0.60
12512	Vive la Sante Vive la Bonne Alimentation (Fr)	0.60
	Guide: (for use by Health Professionals)	
11612	Guidelines for the Effective Use of The "Good Health Eating Guide" (English)	2.70
11712	Guide d'explication et d'utilisation de l'affiche "Vive la Sante! Vive la Bonne Alimentation" (Fr)	2.70
11512	Slides: Good Health Eating Guide English Only - No Script Set of 50 Slides	45.00
11312	Blanks: Eating Plans for use with Poster. Tear off pad of 50 blanks to be filled in by the diet counsellor (Non-lingual)	2.50
10012	Basic Facts About Your Diabetic Diet (Bilingual Chinese/English - Simplified Version)	0.95
10112	Convenience Foods	5.00
12412	Choice Cooking	12.95
10312	Counselling Chinese Patients (English)	1.00
10412	Diabetes and Chinese Food (Bilingual Chinese/English)	3.50

Exchange Lists - Meal Planning For Diabetics In Canada

10712	English - Large Print Only	1.00
10912	Italian	0.75
11012	Ukranian	0.75
	Portugese	Free
	German	Free
12322	Professional Resource Kit	4.00
11822	Insulin - Dr. Bernard Leibel and Dr. Gerald Wrenshall	1.49
	- Autographed copy by Charles H. Best	50.00
12222	What You Should Know About Pregnancy and Diabetes	3.10
11922	Poster: The Ups and Downs of Blood Sugar	3.50

* A cheque must accompany orders under ten dollars.

Canadian Mental Health Association - Nova Scotia

Regional Office
5739 Inglis Street
Halifax, Nova Scotia
B3H 1K5

Phone: 422-5800 or 422-5812

DISTRICT OFFICES

Mental Health/Annapolis
c/o Mr. P. Wyman
R.R. #1, Hampton
Nova Scotia
B0S 1L0

Mental Health/Clare
P.O. Box 117
Church Point, Nova Scotia
B0W 1M0

Mental Health/Cumberland
c/o Rev. L. Robertson
Pugwash
Nova Scotia
B0K 1L0

Mental Health/Digby
P.O. Box 309
Digby
Nova Scotia
B0V 1V0

Mental Health/Halifax
5867 Spring Garden Road
Halifax
Nova Scotia
B3H 1Y2

Mental Health/Pictou
c/o Pictou Co. Mental
Health Centre
Aberdeen Hospital
New Glasgow
Nova Scotia
B2H 3S6

Mental Health/Cape Breton
c/o Cape Breton Hospital
P.O. Box 515
Sydney, Nova Scotia
B1P 6H4
Phone: 539-3370

Mental Health/Colchester
c/o Cobequid Mental Health Centre
P.O. Box 872
Truro, Nova Scotia
B2N 5G6

Mental Health/Dartmouth
73 Alderney Drive
Dartmouth, Nova Scotia
B2Y 2N7
Phone: 463-2187

Mental Health/Glace Bay
368 Fourth Street
Glace Bay
Nova Scotia
B1A 4H3

Mental Health/Kings
c/o P.O. Box 848
Kentville
Nova Scotia
B4N 4H8

Canadian Mental Health Association - Nova Scotia

PUBLICATIONS (Pamphlets, Books, Posters)

Pamphlets are available free of charge as samples or very small quantities. Larger quantities require that we charge a fee.

Become Informed Series: (individual pamphlets from series may be ordered)

Tensions
Problems
Living
What is Mental Health
What are Mental Illnesses
The Browns and Scotts: Two families

Feelings And Your Child Series: (individual pamphlets from series may be ordered)

Nervous Mannerisms and What's Behind Them
Learning to Enjoy Eating
Understanding and Coping with a Child's Fears
Preparing Your Child for Hospital
How To Deal with Destructive Behaviour
Building Your Child's Self-Confidence
Coping with the Bed-Wetting Problem
A Close Look at Development and Discipline
Learning Through Play
Helping a Child to Cope with Separation and Divorce
Coping with a Child's Stuttering Problem
Understanding and Dealing with a child's illness
Helping a child to build a full life with one parent
How to deal with lying and stealing

Coping Series: (individual pamphlets from series may be ordered)

Coping with everyday problems
Coping with family life
Coping with your job
Coping with growing older
Coping getting help when you need it
Coping with bereavement
Coping with separation and divorce
Coping with mental illness in the family

Canadian Mental Health Association - Nova Scotia

PUBLICATIONS (Pamphlets, Books, Posters) - continued

Additional pamphlets:

Mental Health ... Keep it in Mind
Mental Illness is Costly. Mental Health is Priceless
Stress - the more you know about it the better you cope
Tomorrow's children
You and Your Bad Mood
Anger, The Mystery Feeling
The Social Stigma
The Crisis of 65
Suicide
One of Eight

Canadian National Institute For The Blind

6136 Almon Street
Halifax, Nova Scotia
B3K 1T8

Phone: 453-1480

DISTRICT OFFICES

35 Commercial Street
Suite 309
Truro, Nova Scotia
B2N 3H8

Phone: 893-9546

P.O. Box 346
Sydney
Nova Scotia
B1P 6H2

Phone: 564-5711

P.O. Box 494
Yarmouth
Nova Scotia
B5A 4B4

Phone: 742-2046

PUBLICATIONS - (Pamphlets, Books, Posters)

Freedom ... is understanding each other
How To Test Your Child's Site - E Game
Here's A Wise Owl
The Gift of Sight by a Corneal Transplant
Helping Blind People Help Themselves
This is the Braille Alphabet
The Most Wonderful Eyes in the World Are Your Own
Amblyopia
Diabetes
Glaucoma
Cataracts
Strabismus
A Statistical Study on the Blind Population of Canada Registered with CNIB 1982 (annual publication)
Eyes Aging and Other Factors - Muscular Degeneration
Your Eye, How You See (Poster)
Red Riding Hood - Eye Care (Poster)
Centipede - Eye Safety (Poster)

Canadian National Institute For The Blind

AUDIO VISUAL AIDS (Films, Tapes, Filmstrips, Slides, etc.)

Happy Forward: Dog Guide Program
Fun Without Sight: To be shown only when accompanied by talk given by responsible CNIB staff member
Second Sunrise: Eye Book F lm
Johnny's New World: Prevention of Blindness
What To Do When You Meet A Blind Person
You and Your Eyes: Eye Care Lesson
A Chance In Sight: Employing the handicapped
It's Good To Be Back: CNIB Rehabilitation
Not Without Sight
Shelley: Suitable for doctors, nurses, social workers
Don't Push Your Luck: Story of a worker who loses his sight as a result of an industrial accident

Canadian Paraplegic Association - Nova Scotia Division

5599 Fenwick Street
Halifax, Nova Scotia
B3H 1R2

Phone: 423-1277 or 423-7009

Executive Director - Donald E. Curren, Q.C.
Chairman - Allen Green, Q.C.

DISTRICT OFFICES

Raymond MacPhee
Cape Breton Region
409 Kings Road
Sydney, Nova Scotia
B1S 1H4

Phone: 562-3291

Victor Thibault
Southwestern Region
Box 1347
Digby, Nova Scotia
B0V 1A0

Phone: 245-2212

The Canadian Paraplegic Association is a national non-profit organization with Head Office located in Toronto, and Divisional offices within the various provinces. Founded in 1945, the aim of the Association is to enable the spinal-cord disabled person to return home, become self-supporting where possible, and to live as full a life as is feasible within the limits of his/her disability.

The following are some services available from the Canadian Paraplegic Association:

1) Counselling of the spinal cord paralyzed and their family members.
2) Placement in employment or 'training-on-the-job' situations.
3) Effecting arrangements re: academic or vocational training on behalf of paras or quads.
4) Intercessions or representations to governments, employers, etc., on behalf of the spinal cord disabled.
5) The seeking of legislative action whenever it appears to be the obvious solution.
6) The provision of information and making of referrals on any and all matters pertaining to this disability group or its individual members.
7) The mounting of a continuing campaign to secure curb ramping, and improved building accessibility, to enable the physically handicapped to take their place in society along-side ablebodied residents.
8) The location of accessible living accomodations for persons in wheelchairs.
9) The securing of emergency transportation for spinal-cord disabled when required.
10) The provision of wheelchairs, hospital beds, hydraulic lifters, bed bars and other equipment to the spinal cord disabled, wherever acute financial need exists, and there are no other sources of help available.

Canadian Paraplegic Association - Nova Scotia Division

PUBLICATIONS (Pamphlets, Books, Posters)

Accessibility Guide to the Town of Wolfville
Guide for Handicapped - City of Halifax
Travel for Physically Disabled (Their Family and Friends - Tour Book)
Rambling Tours
The Wheelchair Traveller
Wheelchair Bathrooms
Housing the Elderly (can be obtained through Central Mortgage and Housing Corp., Halifax)
A Checklist of Building Use by the Handicapped
Housing the Handicapped (can be obtained through C.M.H.C.)
The Elimination of Architectural Barriers to the Disabled
Provide Access to Public Building Act (Chapter 12)
American Standard Specifications for Making Buildings and Facilities Accessible to, and Usable by, the Physically Handicapped
Building Standards for the Handicapped - 1980
Purpose Designed Dwellings - By Lady Hamilton
Points for Consideration When Building a Wheelchair Home
Annotated Bibliography on Building for the Handicapped
An Architect Tells How
A Plea for Buildings Disabled Can Use
Building Design
Design and Construction of Buildings Financed with Federal Funds
Denied by Design
Bathroom Stalls in Public Building for the Disabled
Ripple Seat Cushion - For the Prevention and Treatment of Pressure Sores
Wecolator - stairway Elevator
Wells and Engberg Hand Controls
Automotive Aids for the Physically Handicapped
Gresham - Driving Aids, etc.
Bayer - Health for Today (Adapting Buildings to the Handicapped)
Health Professionals Find Architectural Barriers a Nightmare
The House that Hudac Built
Disabled Homes and the World
Paraplegia - The Man and the Problem
Primer for Paraplegics and Quadriplegics Life Together
An Introduction to Paraplegia (From Paralyzed Veterans of America)
Care of Patients with Bowel and Bladder Problems
Spinal Cord Injury (Hope through Research)
Handbook of Care for Paraplegic and Quadriplegic Individuals
Paraplegia and the Canadian Paraplegic Association
Understanding the Paraplegic Canadian Paraplegic Association, Atlantic Division (Services Available)

PUBLICATIONS (Pamphlets, Books, Posters) - continued

The Management of Paraplegia
Conceptualization of a Spinal Cord Injury System (An approach to Criteria for Treatment of Spinal Cord Injury)
Paraplegic Unit - Six Big Steps to Recovery
Paraplegic and What is Being Done About It
Emotional Adjustments to Paraplegia and Quadriplegia
Developing Programs of Sexuality and the Spinal Cord Injured
Sex and the Spinal Cord Injured Male
Bladder Control in the Female Paraplegic Patient
Some Practical Aspects in the Rehabilitation of Paraplegics
Brain Tumors and Spinal Cord Tumors
Muscular Dystrophy
The Year at Home - By Tom Cloke
Psychological Problems of the Paraplegic Patient
Decubitis Ulcers (Prevention and Treatment)
The 'Ironside Special' Wheelchair Transportation Motor Home/Camper
Hand Controls for Automobiles
The Seven Motor Chair
Hoyer - Bathlifter
- Swim Pool Lifter
- Scale Attachment
- Kartop Lifter
- Travel Lifter
- Clamp-on Bathroom Unit
- One Piece Stretcher Arrangements with rust-resistent zippers

Dartmouth Community Contact
Wheelchair Sports - A Great Chance for the Handicapped
Human Rights Act, Chapter 11
Annual Report, Nova Scotia Division

PERIODICALS, MAGAZINES OR JOURNALS

Paraplegia News
Para-Tracks
Accent on Living
The Cord
The Caliper
On Tract
Paraplegia
Rehabilitation Gazette
The Squeaky Wheel
The Wheeler's Log
Para Elite
Performance

Canadian Psoriasis Society

168 Harlington Crescent
Halifax, Nova Scotia
B3M 3N1

Phone: Attention Mrs. Judy Misner
(h) 443-9265
(w) 426-5311, ext. 186

The goals of the Canadian Psoriasis Society are to:

1) assist people who have psoriasis
2) educate the public about psoriasis
3) and to aid in the scientific research of psoriasis.

Anyone wishing to become a member may do so for a $10.00 annual membership fee.

PUBLICATIONS (Pamphlets, Books, Posters)
(to be printed in the near future)

Canadian Psoriasis Society
My Child has Psoriasis
Newsletters
Psoriasis (information regarding psoriasis)
Psoriasis in Infancy and Childhood
Treatment of Psoriasis - an update

The Canadian Red Cross Society - Nova Scotia Division

1940 Gottingen Street
P.O. Box 366
Halifax, Nova Scotia
B3J 2P8

Phone: 423-9181

DISTRICT OFFICES

Canadian Red Cross Society
122 Charlotte Street
Sydney, Nova Scotia
B1P 1C3

Phone: 564-4114

PUBLICATIONS (Pamphlets, Books, Posters)

Note on Abbreviations: P - Grades Primary to 3; 1 - Grades 4 to 6
E - Grades Primary to 6; S - Secondary
Fr French edition available as well

Health

Oskana's Journey Through the Land of Health (poster/story) - P	2.00
Growing up with Oskana (poster/story) - 1	2.00
Adventures of Oskana (poster/stoy) - 1	2.00
Before I'm Six (resource manual) - Pre-school and P	2.50
I'm Taking Care of Myself (posters) - P	4.25
Je prends soin de moi - P	18.00
Alcohol Education Resource Package - S	5.00
Alcohol Education Transparencies - S	11.00
Sexually Transmitted Diseases - Student Guide - S & Fr	0.40
Sexually Transmitted Diseases - Teacher Guide - S & Fr	5.00
Blood Education Resource Package - E	T.B.A.
Me ... I'm Fit (student activity booklet) - P & Fr	0.20
Fit for Life (student activity booklet) - 1 & Fr	0.25

Safety Awareness and First Aid

All Aboard for School Bus Safety (manual/posters) - P	7.00
Playing it Safe (manual/posters/activity sheets) - 1 & Fr	11.00
Safety is no Accident (manual/posters) - 1 & Fr	6.00
Bike for Life (manual and 25 student sets) - 1 & Fr	11.00
Bike for Life (additional student sets) - 1 & Fr	0.40
Babysitter Course (manual and 12 student sets) - 1, S & Fr	6.00
Babysitter Course (additional student sets) - 1, S & Fr	0.35

PUBLICATIONS (Pamphlets, Books, Posters) - continued

Safety Awareness and First Aid - continued

Babysitter Reference Book - S & Fr	4.00
Watersafety (manual/posters/activity sheets) - E & Fr	11.00
Splash! 1 or 2 (student activity booklets) - E & Fr	0.25
Safety in the Water (student activity booklets) - 1 & Fr	0.15
Safety Boating for Kids (child/parent manual) - 1 & Fr	3.00
Boating Beavers (manual/activity sheets) - P	4.00
Adventure on the Lake (manual/activity sheets) - 1	4.00
When Temperatures Drop (reference book) - S	2.50

Social Studies (includes Health Issues)

Children Everywhere Have Jobs to Do (manual/activity sheets) - P	6.00
One Earth: Why Care? (manual/activity sheets) - 1 & S	8.50
Tomorrow's World (manual/activity sheets) - S	15.00

Teacher/Instructor Inservices

First Aid (non-certification - 3 hours) - E & S
Teaching about Children in Developing Countries - E
Teaching about Issues of the Developing World - S

(details and costs upon request)

First Aid

Rescue Breathing (poster or wallet card)	Free
Emergency First Aid - Mini Guide	0.10
Emergency First Aid (poster)	Free
Save Your Child from Choking (poster)	Free
Emergency Action Principles (book)	2.00
First Aid for You & Me	2.00
Instructor Guide & Reference	15.00
First Aid for Choking (poster or information sheet)	Free
Emergency First Aid Certification Course (6 hours)	25.00
Standard First Aid Certification Course (15 hours)	40.00
Basic First Aid Kit (one person)	13.00
Family First Aid Kit (two - three persons)	17.00

First Aid for Teachers, Counsellors, Recreation Workers, etc.
(three hour workshop) - details available upon request

PUBLICATIONS (Pamphlets, Books, Posters) - continued

Adapted Aquatics	
Manual for Disabled	3.00
Adapted Aquatics	5.00
Aide in Adapted Aquatics	1.50
Methods in Adapted Aquatics	2.50
Water Learning - A New Adventure	6.00
Adapted Aquatics for Seniors	3.00
Adapted Aquatics for Preschoolers	3.00
Adapted Aquatics for Mentally Disabled	3.00
Adapted Aquatics Resource Package	1.50
Instruction & Leadership	
Instructor Guide & Reference +	6.00
I.G.R. Supplement +	2.50
Fun Manual	1.75
Water Safety Activity Booklet	0.10
General	
Water In Your Backyard	1.50
Bath Tub Orientation	1.00
Be Water Wise +	1.50
Seniors	
Fun & Fitness Personal Fitness Guide	1.00
Cooking for One	Free
Cooking for Two	Free
Security Guide for Seniors	Free
Telephone Card	Free
You and Your Medication	Free
Audio-Visual "The Turning of the Wheel" 30-minute slide/tape presentation (accompanied by Resource Kit) - Drug education for seniors	
Family Health	
Teen Health Manual	2.00
& Instructor Guide (Free with orders of 5 or more)	0.50
Care of the Sick Manual (Adult student manual)	2.00
Health Elderly Manual (Adult student manual)	2.00
Healthy Living Manual (Adult student manual)	2.00
Care in the Home Instructor Guide	0.50
Orders of 5 or more of one of the adult student manuals	Free
Equipment for Home Care	1.00

PUBLICATIONS (Pamphlets, Books, Posters) - continued

Family Health - continued

"Your Heart" Pamphlet	Free
There's No Place Like Home for Health Care (Joint project of St. John Ambulance & Canadian Red Cross Society set of 12 booklets, courses can be arranged locally for 12 to 16 candidates and films are available for use by qualified instructors)	7.00

Small Craft

Safety, Don't Leave Shore Without It!	Free
Ready - A Preparation Guide Boating Survival	Free
Great Moments in Boating Series	Free
The Adventures of Lester & Linda (Manual)	1.50
Small Craft Safety Instructions Guide	1.50
Small Craft Safety Course Conductors Guide	1.50
Safe Boating for Kids (Manual)	3.50

AUDIO VISUAL AIDS (Films, Tapes, Filmstrips, Slides, etc.)

A small shipping fee will be charged when the following audio visual aids are ordered.

Super Cell Twins (Elementary school) (Filmstrip)

Slide Set Title	Theme	# of Slides	Running Time(min)
Keep Fit!	Body Mechanics	34	4.30
For Patient's Sake	Care and Administration of medications	44	6.35
4 Hands for Health	Feeding of a helpless patient	35	5.05
Rise 'N Shine	Getting a patient out of bed	33	4.38
The Right Story	Observation of a patient, including temperature, pulse, and respiration	42	5.40
They're Not Fun	Prevention of bed-sores	24	3.52
Do it Yourself	Home improvisations	57	8.32
Comfort Plus	Bathing a patient, making an occupied bed	63	8.48

AUDIO VISUAL AIDS (Films, Tapes, Filmstrips, Slides, etc.) - continued

FILMSTRIPS AND CASSETTES

Set I - "Infant Care and Development Set"
(I) "Prenatal Care & Planning"
(II) "The Family and the New Baby"
(III) "Parental Responsibility"
(IV) "A Baby's Day"

Set II - "Infant Care and Development Set"
(I) "Prenatal Care and Planning"
(II) "The Family and the New Baby"
(III) "Parental Responsibility"
(IV) "Breast Feeding and Bottle Feeding"

FIRST AID KITS

Basic (1-2 people)	$10.50
Family (2-4 people)	14.00

Canadian Rehabilitation Council for the Disabled - Nova Scotia Chapter

960 Barrington Street
Halifax, Nova Scotia
B3H 2P7

Phone: 429-3420

WHAT SERVICES ARE AVAILABLE

For Children

Clinics: Twice yearly in 18 areas of the Province the diagnosis and follow-up of children referred by family physicians.

Equipment: Braces, wheelchairs, walkers, special boots and shoes, etc. ... on the basis of individual needs.

Camping:
a) two week camping period at Camp Tidnish for the 9 - 15 year old group of children - Junior Physically Handicapped
b) two week camping period for children with chronic respiratory conditions
c) two week camping for senior physically handicapped adults.

Transportation and Accommodations: On an individual basis depending upon need.

Above services are provided with the assistance of Easter Seal Franchise Holders throughout the Province.

For Adults

Equipment: Provided on the basis of individual needs.

Workshop: New Leaf Enterprises, 960 Barrington Street, Halifax, Nova Scotia, B3H 2P7, provides vocational assessment and work training.

Canadian Rehabilitation Council for the Disabled - Nova Scotia Chapter

Other Services Available

Information and resource centre for diabled, parents or disabled students and professionals.

Educational services through clinics, talks and distribution of literature at professional groups and/or community groups.

In conjunction with other organizations concerned with the disabled, works to promote elimination of architectural barriers, adequate housing, transportation and recreational facilities.

Formation of Stroke Clubs across the Province to assist families, strokers, etc. who have been affected by this.

Methods of Referral

Family physician, health or welfare agencies.

(Halifax Regional) Cerebral Palsy Association

Mailing Address Only
3106 Barrington Street
Halifax, Nova Scotia
B3K 2X6

Phone: 463-1835 (President)

PUBLICATIONS (Pamphlets, Books, Posters)

Cerebral Palsy - What's That
A Guide to Cerebral Palsy
Answering Your Questions About Cerebral Palsy

Consumer and Corporate Affairs Canada

Queens Square, 17th Floor
45 Alderney Drive
Dartmouth, Nova Scotia
B2Y 2N6

Phone: 426-6080

PUBLICATIONS (Pamphlets, Books, Posters)

Stop and Save A Life: A fold-out chart of the Hazardous Products Symbols. French or English.
Relief Under the Bankruptcy Act
Suddenly You Are A "Creditor"
The Adventures of Inspection Phil De Loophole: Consumer rights and responsibilities
Consumer Aware: An in-depth explanation of consumer rights and responsibilities
Patents (Questions and Answers)
Copyright (Questions and Answers)
Industrial Design (Questions and Answers)
Trade Marks (Questions and Answers)
Metrication, A Guide for Consumers
The Federal/Provincial Anti-Corrosion Code and Owners Care Guide For Motor Vehicles

FACTS SHEETS

Don't Forget That HELMET
Carelessness and FABRIC FIRES
PACIFIERS and Peace of Mind
SPRAY CANS/bombs in your home
CAR SEATS Keep Kids Safe
SAFETY GLASS
PACKAGING To Protect Your Child
Curiosity and the TOY
CARPETS Catch Fire, Too
CRIBS & CRADLES Look Again
TOY REGULATIONS - Rattles
Those Lovely Poisonous Plants
Consumer Problem Solving: What To do When Something Goes Wrong
What Do Inspectors Inspect?
Automobile Tire Care
It Pays To Advertise Honestly
Metric and the Consumer
"Best Before" Date on Foods
What You Should Know Before You Join a Book, Record or Similar Club
Encyclopedias
Returns, Refunds, Exchanges

PUBLICATIONS (Pamphlets, Books, Posters) - continued

FACTS SHEETS - continued

Tips on Toy Buying
Warranties (Or Guarantees)
Shopping Wisely for Major Appliances
Servicing of Appliances

AUDIO VISUAL AIDS (Films, Tapes, Filmstrips, Slides, etc.)

Slides With Cassettes

Protect Our Children
A Sense of Balance
Anything Goes
Let the Labels Do the Talking
Textile Labelling
Signs of Danger

Films

Good Idea Shop
Metric/Metrique
Give and Take

Script - No Tapes - Script Only

Hazardous Products
Metric Recipe
Insulation Slides

Video Tape Recording (VTR)

The Blinkly and Doinkel Safety Show

Health and Welfare Canada - Atlantic Region

Health Promotion Directorate
5409 Rainnie Drive
Halifax, Nova Scotia
B3J 1P8

Phone: 426-2700

The federal Department of Health and Welfare provides a number of health related printed materials on various health topics to the general public. A "Publications Directory" is available from the following addresses:

Public Affairs Directorate
Department of National Health and Welfare
Brooke Claxton Building
Ottawa, Ontario
K1A 0K9

Health Promotion Directorate
Department of National Health and Welfare
Jeanne Mance Building
Tunney's Pasture
Ottawa, Ontario
K1A 1P4
Attention: Publications Co-ordinator

Promotions and Communications Section
Fitness and Amateur Sports Branch
Department of National Health and Welfare
Journal Building, Tower South
365 Laurier Ave. West
Ottawa, Ontario
K1A 0X6

Education Services
Health Protection Branch
Department of National Health and Welfare
Ottawa, Ontario
K1A 1B7

Regional Manager Atlantic
Public Affairs Directorate
Suite 111, Simpson's Mall
6960 Mumford Road
Halifax, Nova Scotia
B3L 4P1

Phone: 426-2038

Kidney Foundation of Canada - Nova Scotia Branch

235 Roy Building
P.O. Box 3301
Halifax, Nova Scotia
B3J 3J1

Phone: 429-9298

PUBLICATIONS (Pamphlets, Books, Posters)

High Blood Pressure and Your Kidneys
Hypertension - A Most Misunderstood Disease (And Word)
Kidney Transplantation
Nephrotic Syndrome in Children
Organ Donor Card
The Artificial Kidney Machine
The Legacy of Life

La Leche League

c/o Grace Maternity Hospital
5821 University Avenue
Halifax, Nova Scotia
B3H 1W3

Phone: 422-6501

PUBLICATIONS (Pamphlets, Books, Posters)

All publications are to be ordered from the following address:

La Leche League International Inc.
Canadian Supply Depot
Box 39
Williamsbury, Ontario
K0C 2H0

Phone: (613) 535-2536

BREASTFEEDING

*Includes Medical References

251	The Womanly Art of Breastfeeding	6.95
310	Abreast of the Times - R.M. Applebaum, M.D.	4.00
320	Breastfeeding and Natural Child Spacing - Sheila K. Kippley	3.50
370	Nursing Your Baby - Karen Pryor	2.95
385	The Tender Gift Breastfeeding - Dana Raphael, Ph.D.	5.75
400	You Can Breastfeed Your Baby, Even in Special Situations	13.95
602c	Please Breastfeed Your Baby - Alice Serard	1.50
54	Nursing My Twins	0.30
55	Nursing An Adopted Baby	0.30
57	Ever Hear of a "Nursing Strike?"	0.15
58	Breastfeeding and Working? - Mary Ann Cahill	0.75
75	Nursing Siblings Who Are Not Twins	0.20
80	Breastfeeding after a Cesarean Birth - Lorrie Dyal	0.25
82	Breastfeeding the Baby With a Cleft of the Soft Palate	0.25
83	Losing Your Milk?	0.15
101	Why Breastfeed Your Baby? (postage charge on qty orders)	Free
102	Shall I Breastfeed My Baby?	0.15
103	Nipple Care	0.15
108	Inverted Nipples	0.15
62	Breastfeeding: A Nurse-Mother Discovers Its Joys - M. Nichols, R.N.	0.25
78a	*Environmental Contaminants in Mother's Milk	0.15
89b	Establishing an Institutional Milk Bank	1.00
111	*Modern Management of Successful Breastfeeding - R.M. Applebaum, M.D.	0.75

PUBLICATIONS (Pamphlets, Books, Posters) - continued

BREASTFEEDING - continued

112	*Breastfeeding - A Commentary in Celebration of the International Year of the Child, 1979	0.60
117	Breastfeeding: Helping the Mother Get Started	0.20
118	*How the Maternity Nurse Can Help the Breastfeeding Mother B.A. Countryman, R.N., M.N.	0.95
133	How We Solve Breastfeeding Problems - Ellen Hubbard, R.N.	0.25
136	A Key to Successful Breastfeeding in a Non-Supportive Culture - H. Meara, Ph.D.	0.50
137	Breastfeeding: New Evidence, Its Far More Than Nutrition	0.30
210c	The Naturalness of Breastfeeding - Transcript of a speech made by Dr. Whittlestone at the 1976 LL Leche League Western Regional Convention	0.50
211c	"Breastfeeding: What is Left Besides the Poetry?" - A Statement by the Nutrition Committee, Canadian Pediatric Society	0.60
212c	*Promoting Breastfeeding - Dr. A. W. Myres	0.15
161	*The Uniqueness of Human Milk - Edited by Jelliffe & Jelliffe	2.95
162	Management of Successful Lactation - Newton & Newton	1.00
163	New Zealand Journal - Four professional papers with a forward by W. G. Whittlestone, D.Sc.	1.50
000	Breastfeeding and Drugs in Human Milk	3.00
402	LLLI Breast Shields - Pair of plastic shields referred to in No. 108	4.75
109	A Mother's Guide to Breastfeeding and Mothering the Premature or Hospitalized Sick Infant	0.25
110	Does your Baby Need A Pacifier?	0.15
124	When You Breastfeed Your Baby	0.15
125	Thoughts About Weaning	0.15
129	Breastfeeding Your Baby	0.50
159	Relactation: A Guide to Breastfeeding the Adopted Baby - E. Hormann	2.00

About La Leche League

353	The Lllove Store - Kay Lowman	6.95
1	Consitutional By-Laws	0.20
2	Statement of Policy	0.20
3c	La Leche League Canadian Fact Folder	0.20
4	Becoming a La Leche League Leader	0.15
5	What La Leche League Believes	0.15
101c	Why Breastfeed Your Baby? (postage charge on qty. orders)	Free
138	The Effectiveness of Mother-to-Mother Help - Marian Thompson	0.20
144	The Revival of Breastfeeding	0.30

PUBLICATIONS (Pamphlets, Books, Posters) - continued

Prenatal and Childbirth

316	A Baby is Born - Maternity Center Association	7.95
332	The Cesarean Birth Experience	6.95
335	Emergency Childbirth - Gregory J. White, M.D.	5.00
350	The Home Birth Book - Charlotte and Fred Ward	7.50
360	Methods of Childbirth - Constance A. Bean	3.25
373	Rights of the Pregnant Parent - Valmai Howe Elkins	4.95
375	Six Practical Lessons for An Easier Childbirth - Elisabeth Bing, R.P.T.	2.25
601c	Life Before Birth - Ahley Montagu	1.95
603c	Preparation for Childbirth - Donna and Roger Ewy	1.95
606c	Commonsense Childbirth - Lester Dessez Hazell	2.25
608c	Thank You, Dr. Lamaze, Majorie Karmel	2.50
609c	The New Childbirth - Erna Wright	1.95

Child Care And The Family

270	Gerald The Third - Faye Early Young	4.95
271	Especially for You - Kaye Lowman and Kay Kaszonyi. A "Baby Book"	12.95
331	The Child Under Six - James J. Hymes, Jr.	11.50
345	The Family Bed - Tine Thevenin	5.95
346	The Family Book of Child Care - Niles Newton	20.50
347	Father Feelings	2.75
382	Teaching Montessori in the Home - Elizabeth Hainstock	4.95
397	Woman At Home - Arlene Rossen Cardozo	1.95
610c	Every Child's Birth-Right: In Defense of Mothering - Selma Fraiberg	11.95
77	Needs and Priorities: Babies ... Toddlers ... Parents	0.20
121	How Mothers Learn to Love their Newborn Babies - Benjamin Spocks, M.D.	0.15
123	How A Baby Learns to Love - Selma Fraiberg	0.20
126	Toddlers in the NEWS	0.20
128	Father to Father - On Breastfeeding - David Steward	0.20
134	Amie - Terry Stafford - Coloring Book with sketches and story of a three-year-old who is still nursing	0.50
141	When Baby's Crying Gets Trying	0.15
142	On Discipline: A Symposium Several LLL mothers apply League philosophy to specific situations	0.60
143	In Hospital: The Child and the Family - B.A. Countryman	0.95
145	Creative Grandparenting - Bernadine Heimos	0.20
160	More than Sandpaper Letters - Montessori in the Home	1.00

PUBLICATIONS (Pamphlets, Books, Posters) - continued

Nutrition

260	Mother's in the Kitchen - Edited by Roberta Johnson - Nutritious, tasty and easy recipes submitted by LLL mothers.	5.50
377	Supermarket Handbook. Access to whole foods. Nikki and David Goldbeck	2.25
326	Busy People's Fast Food Book - Sharon Elliot	5.95
104	The Waiting Game vs. Gaining Weight	0.20
105	Baby's First Solid Food	0.20

Professionally Oriented Topics

10	*Breastfeeding and Jaundice	0.30
12	*Sore Breast - What, Why and What to Do	0.20
13	*Breastfeeding and the Premature Baby	0.20
14	*The Biological Specificity of Milk - W.G. Whittlestone, D.Sc.	0.30
15	*Diarrhea in Infancy	0.15
16	*Optimal Infant Nutrition: Avoiding Allergies and Other Problems	0.30
18	*Breastfeeding and the Oral Contraceptive Pill	0.20
19	Thrush	0.15
20	*Together and Nursing, from Birth	0.30
21	*Medications for the Nursing Mother	0.20
24	*Anemia	0.20
25	*Immunizations	0.15
31	Breastfeeding and Dental Caries	0.20
59	Infant Feeding: Breast-Milk and the World Protein Gap - D. Jelliffe, M.D.	0.20
60	*Breastfeeding: Second Thoughts. John A. Gerrard, M.D.	0.30
61	Iron Sufficiency in Breast Fed Infants and the Availability of Iron From Human Milk - Julia McMillan	0.40

Psychological Aspects

355	Maternal Emotions - Niles Newton	4.50
363	Motherlove - Alice G. Bricklin	5.95
372	Oneness and Separateness: From Infant to Individual	6.95
398	Your Baby's Mind and How it Grows	12.95
399	Your Child's Self-Esteem - Dorothy Corkille Briggs	4.95
53	The Infant as a Human Being	0.20
76	What's In It For Mothers	0.20
139	Breastfeeding in Today's World - Dorothy V. Whipple	0.15
140	The Nursing Couple is Different - Gregory J. White	0.15
148	Successful Lactation and Women's Sexuality	0.15
149	Bonding - How Parents Become Attached to Their Baby	0.50

PUBLICATIONS (Pamphlets, Books, Posters) - continued

Posters

625c	Canadian Colour Poster, 9" x 12", Bilingual poster celebrating the International Year of the Child, 1979	1.00
626c	Buffy St. Marie Poster, 8 1/2" x 11"	0.50
480c	1981 LLL Calendar	5.00

Packets

50	Special Information Sheet Packet - Includes approximately fifteen items, all medically oriented. Indexed in a binder	2.95
86	Breastfeeding Teaching Aid Packet - Contains Teacher's Breastfeeding Guide, sixteen LLLI publications, and fifteen student booklets, Motherhood - A Great Beginning	4.25
86a	Teacher's Breastfeeding Guide	0.35
86b	Motherhood - A Great Beginning	0.20
96	Toddler Packet. Contains ten publications of help in understanding toddlers.	4.00
98	Nursing Fashions Packet - Includes "What to Wear" ideas, sewing hints, and various flyers describing commercially available nursing bras, gowns, dresses, etc.	0.50
99	Information Sheet and Reprint Packet - Includes approximately fifty-four of our League publications	8.00
100	Professional Packet - Contains Nos. 3c, 5, 10, 12, 13, 14, 16, 20, 24, 31, 60, 101c, 103, 109, 211c, 118, 124, 129, 137, 144, 199, 501c, 504c, 508 - in a folder	5.00
410	Baby Carrier Packet - Includes hints on use of baby carriers, actual patterns to make carriers, slings, etc., and various flyers describing commercially available baby carriers and backpacks.	0.50

Subscriptions

190	LLLI Member's Subscriptions Service. All new LLLI publications (0.30 and under) are automatically sent out for one year. In Canada, 14.00. Outside Canada 12.00.	
199	LLL News Single copy current	0.65
200	Subscription to LLL News: 1 year - $4.00; 3 years - $11.25	

Memberships

Mother's Membership	15.00
Supporting Membership	20.00

PUBLICATIONS (Pamphlets, Books, Posters) - continued

Lists - Price And Reference

501c	Publications List (this list)	Free
CF002	List of publications in French	Free
504c	Directory - Names and addresses to contact for breastfeeding help or information about local meetings.	Free
508	Translations List - Itemizes LLL material available in languages other than English	Free
	Bulk orders - orders of ten or more of any single information sheet, pamphlet or reprint are available.	

AUDIO VISUAL MATERIALS

492	"Best For Baby ... Best For You" 35 mm Color Slides (56 slides) with audio cassette	52.00

Multiple Sclerosis Society of Canada - Halifax/Dartmouth

12 Beechwood Terrace
Halifax, Nova Scotia
B3M 2C2

Phone: 443-2071

REGIONAL CHAPTERS

Mrs. Leroy Lenethan (President)
34 Exhibition Street
Kentville, Nova Scotia
B4N 1C1

Phone: 678-2893

Ronald M. Levy
387 Meadow Lark Drive
New Glasgow, Nova Scotia
B2N 1S2

Phone: 755-1944

Mr. Reed Nicholson
18 Seward Street
Westmount, Sydney
Nova Scotia
B1R 2C3

Phone: 539-6020

John Sawler
P.O. Box 102, RR 5
Bridgewater
Nova Scotia
B4V 2W4

Phone: 543-7394

Reginald Hignley
Kent Road
RR 1
Truro, Nova Scotia
B2N 5A9

Phone: 895-6790

Mrs. Treman Browett
P.O. Box 10042
RR 4
Yarmouth, Nova Scotia
B5A 4A8

Phone: 648-3407

PUBLICATIONS (Pamphlets, Books, Posters)

MS is the Problem	$20.00/1000
Notes for the MS Patient (2nd Edition)	35.00/100
Sexuality and Multiple Sclerosis	35.00/100
Who Says MS Patients Can't Work	15.00/100
Prescription for Living	4.10/100
ALS and MS	7.00/100
What Everyone Should Know About Multiple Sclerosis	17.00/100
Your Doctor and You	10.00/100
How to Live With MS	6.00/100
MS: Its Effects on You and Those You Love	25.00/100

PUBLICATIONS (Pamphlets, Books, Posters) - continued

Journal Articles

Prescription for Living with MS
Donnal Lynn Jontz
Reprinted from Americal Journal of Nursing, Vol. 73, No. 5
Distributed by 130 Bloor Street West, Toronto, Ontario M5S 1N5

Acupuncture and Multiple Sclerosis
W.E. Spoerel, M.D.; D. W. Patty, M.D.; A. Kertisz, M.D.; C.Y. Leung, M.D.
Departments of Anaesthesia and Clinical Neurological Science, University of Western Ontario, London, Ontario

Multiple Sclerosis - Rehab Insights and Outlook;
Adrien Towne
Reprinted from "Rehabilitation Record", Vol. 11, No. 6 November/December 1970.

For Professional Use Only

RN and MS	$4.00/100
Handling the Handicapped	7.25/100
Some Answers for the Nurse	5.00/100
Emotional Aspects	15.00/100
Homecare	2.50
A Manual on MS	2.85
Investigation into some Psychiatric Aspects of MS	25.00/100
Trauma and MS	3.00/100
Forms of Benign MS	9.50/100
Some Clues to Diagnosis	3.00/100
The MS Problem	13.40/100
Bladder Disturbances	22.00/100
Behavioural Aspects of MS	13.00/100
Group Counselling	5.00/100
MS: Exploding Myths	5.00/100
Therapeudics of Tourtellotle	22.00/100
Common Psychological Problems of MS	4.00/100

Note: Many of the publications are available in French. Prices are subject to change without notice.

(The) Muscular Dystrophy Association of Canada - Atlantic Office

6009 Quinpool Road, Suite 103
Halifax, Nova Scotia
B3K 5S7

Phone: 429-9035
429-9072

PUBLICATIONS (Pamphlets, Books, Posters)

About Muscular Dystrophy
14 Facts
The C K Test
The Management of Duchenne Muscular Dystrophy
The Muscular Dystrophy Association of Canada in Brief
Myasthenia Gravis
The Reporter - Published six times annually

AUDIO VISUAL AIDS (Films, Tapes, Filmstrips, Slides, etc.)

A Team Approach - Duchenne Muscular Dystrophy
28:50 minutes - 3/4 inch video cassette
The video examines Duchenne Muscular Dystrophy, its origins and effects and chronicles the disease from the time of diagnosis through the various stages of disability.

The Trip - 1/2 inch and 3/4 inch video cassette - 20 minutes
Fire Fighters take disabled children to the Calgary Stampede from Ontario and the enjoyment they have.

Three Features, 3 minutes each

"Love Buss" A Chapter purchases a bus to transport patients.
"Schifittos" A story of a muscular dystrophy patient.
"Equipment" Some equipment used by muscular dystrophy patients.

Other Services

The Atlantic Field Director and the Atlantic Patient Services Co-ordinator are available to talk to parent groups, schools, medical personnel, service groups, etc.

National Film Board of Canada

1572 Barrington Street
Halifax, Nova Scotia
B3J 1Z6

Phone: 426-6001

AUDIO VISUAL AIDS (Films, Tapes, Filmstrips, Slides, etc.)

Borrowing Privileges

All borrowers of films from National Film Board libraries must apply for and use a film library card. This card enables the booking process to be more efficiently handled and information given on the application card provides the National Film Board with valuable data as to the film needs of the audience.

ID No.	Title	Audience Suitability
106C 0174 038	About Puberty and Reproduction	Grades 7 - Adults
106C 0176 295	Acupuncture	Adults
106C 0174 123	About VD	Grades 7 - Adults
106C 0176 098	Alcohol - How Much is Too Much?	Adults, clinics
106C 0176 099	The Alcoholic Within Us	Adults, clinics, groups
106C 0176 100	Alcoholism: Out of the Shadows	Adults, health groups
106C 0177 316	Alvin ...His Best Foot Forward	Grades 8 - Adults
106C 0175 195	At the End of My Days	Nursing homes, hospitals
106C 0170 561	Best Friends	Grades 7 - Adults
106C 0172 028	Beyond Kicks	Grades 9 - Adults
106C 0174 050	Cancer In Women	Adults, hospitals
106C 0167 020	The Circle	Adults, drug help centres
106C 0170 065	Citizens Medicine	Health clinics, Adults
106C 0178 056	Contraception: The Hidden Costs	Adults, health clinics
106C 0175 211	Diabetes	Grades 7 - Adults
106C 0176 599	Drinking	Adults, clinics
106C 0178 341	An Easy Pill To Swallow	Hospitals, Adults
106C 0173 665	Feelin' Great	Fitness classes, Adults
106C 0174 602	Fighting Back	Children Hospitals, Adults
106C 0176 646	Fitness Trails	Fitness classes, Adults
106C 0178 476	Four Women	Women's clinic, Adults
106C 0177 286	Healing	Health Professionals
106C 0172 107	He's Not the Walking Kind	Rehab Centers, Adults
106C 0171 559	Help Is	Hospitals, Clinics, Adults
106C 0174 655	I Feel Fine	Exercise groups, Adults
106C 0160 050	I Was A Ninety-pound Weakling	Fitness Classes, Adults
106C 0180 136	Jocelyn	Hospitals, Clinics, Adults
106C 0168 079	King Size	Grades 6 - Adults
106C 0180 002	The Last Days of Living	Senior Citizens, Adults
106C 0164 154	Let's Discuss Smoking	Grades 7 - Adults

National Film Board of Canada

AUDIO VISUAL AIDS (Films, Tapes, Filmstrips, Slides, etc.) - continued

ID No.	Title	Audience Suitability
106C 0169 130	A Matter of Fat	Adults, clinics, Adults
106C 0167 147	Menu	Grades 7 - Adults
106C 0176 232	One Way To Quit	Adults, anti-smoking
106C 0169 034	Female Cycle	Women's clinic, Adults
106C 0169 033	Pregnancy & Birth	Prenatal classes, hospitals
106C 0169 035	Puberty in Boys	Grades 6 - 9, Adults
106C 0177 025	Something of Value	Women's Groups, Adults
106C 0166 002	Sound the Trumpets	Hospitals, Nursing Homes
106C 0173 027	The Sunny Munchy Crunchy Natural Food Shop	Grades 7 - Adults
106C 0179 256	Taking Chances	Grades 9 - Adults
106C 0176 167	Think Before You Eat	Nutritionists, Adults
106C 0174 119	V.D. Kids Get It Too	Hospitals, Adults
106C 0174 101	We Don't Want To Lose You	Adults, Supervisors
106C 0176 574	The Word of One in Seven	Adults, Health clinics
106C 0173 628	Your Move	Fitness, exercise groups
106C 0180 195	Prenatal Diagnosis: To Be Or Not To Be	
106C 0079 024	Caninabis	
106C 0179 360	All In the Same Boat	
106C 0182 502	Just For Me	
106C 0174 596	Walk Awhile in My Shoes	
106C 0177 293	Germain Greer: After The Pill	
106C 0178 038	The Sexes: Roles	
106C 0180 086	Being Male	
106C 0181 097	Going All The Way	
106C 0373 120	Sports Challenge	
106C 0177 039	The French Solution	
106C 0177 047	They All Can Work	
106C 0180 182	Barrier Free Housing	
106C 0175 193	I Am Not What You See	
106C 0176 268	Sondra Diamond: Truly Alive	
106C 0177 036	You're Eating For Two	
106C 0182 044	Tipping The Scales	
106C 0182 009	If You Love This Planet	
106C 0178 043	Who Will I Sentence Now	
106C 0178 165	Our Health Is Not For Sale	
106C 0181 096	Moveable Feast	
106C 0178 928	Breast-Feeding Experience	
106C 0180 002	The Last Days of Living	
106C 0178 226	Unremarkable Birth	
106C 0181 019	Arthritis: A Dialogue With Pain	
106C 0178 193	Priory: The Only Home I've Got	
106C 0175 040	Dear Theo	
106C 0172 582	Growing Old	

National Film Board of Canada

AUDIO VISUAL AIDS (Films, Tapes, Filmstrips, Slides, etc.) - continued

ID No.	Title	Audience Suitability
106C 0177 147	The Vacant Lot	
106C 0181 055	The Business of Aging	
106C 0077 040	Fat Freedom	
106C 0181 066	A Right to Refuse	

Nova Scotia Commission on Drug Dependency

5668 South Street (Central Office)
Halifax, Nova Scotia
B3J 1A6

Phone: 424-4270

REGIONAL OFFICES

Cape Breton Addiction
Rehabilitation Centre
115 Alexandra Street
P.O. Box 640
Sydney, Nova Scotia
B1P 6H2

Phone: 539-7800

Metropolitan/Lunenburg
Drug Dependency
P.O. Box 896
Dartmouth
Nova Scotia
B2Y 3Z6

Phone: 424-5623

North Shore Drug
Dependency Program
Denoon Street
P.O. Box 359
Pictou, Nova Scotia
B0K 1H0

Phone: 485-4335

Western Regional Drug
Dependency
50 Vancouver Street
Yarmouth
Nova Scotia
B4A 2P5

Phone: 742-2406

PUBLICATIONS (Pamphlets, Books, Posters)

A.A. - Is A.A. for you?
A.A. - This is A.A.
A.A. In Treatement Centres
Alcohol - Do You Know Enough About It?
Annual Report, 1972 to Present
Antabuse and Temposil
Blood Alcohol Chart
Cannabis: Adverse Effects On Health
Coffee, Tea and Me
Diagnosis and Treatment of Alcoholism for Primary Care Physicians
Drug Dependency Act
Drugs and the Law
Facts About Alateen
Fact Sheets: Alcohol, Cannabis, Cocaine, LSD, Tranquillizers, Tobacco
Great Entertainers
Guide for the Family of the Alcoholic
Pregnant? Before You Drink, Think ...
Smoking Posters
Stay Real

PUBLICATIONS (Pamphlets, Books, Posters) - continued

Straight Facts about Alcohol and Drug Use
Strictly for Teenagers
Treatment Services Available to the Drug Dependent Person in Nova Scotia
Your Medicine and How to Use it Safely: A guide for Senior Citizens
You and the Law on Drinking and Driving
You and Your Child
Youth and The Alcoholic Parent (Al-Anon)

AUDIO VISUAL AIDS (Films, Tapes, Filmstrips, Slides, etc.)

* A complete and annotated catalogue of A/V materials is available from the library. Booking and borrowing procedures are described in the catalogue.

After Hours (film)
Alcohol, Part 1 (video-tape)
Alcohol, Part 2 (video-tape)
Alcohol, Part 3 (video-tape)
Alcohol Alley (multi-media kit)
Alcohol, Pills and Recovery (film)
Alcohol and Red Flares (film)
Alcohol - How Much is Too Much? (film)
Alcohol You, The. (see Three for the Road) (film)
Alcoholic Within Us, The (film)
Alcoholism: A Model of Drug Dependency (film)
Alcoholism: One County's Answer (film)
Alcoholism: The Bottom Line (film)
Alcoholism and the Healthy Delivery (video-cassette tape)
Alcoholism As It Relates to Industry (video-cassette tape)
Amphetamines/Barbiturates (filmstrip)
Appearances Mean Very Little (slides)
Attitudes: What Do You Think of a Man Who Shows Up Drunk At His Own Mother's Funeral? (audio-cassette)
Behavioral Aspects of Alcoholism (video-tape)
Biofeedback and Behavioral Medicine Series (audio-cassette tape)
Biofeedback - Assisted Regulation of Essential Hypertension (see Biofeedback and Behavioral Medicine Series) (video-cassette tape)
Biofeedback Procedures (see Biofeedback and Behavioral Medicine Series) (audio-cassette tape)
Biomedical Research in Alcohol Abuse Problem Series (video-tape)
Boozers and Users (film)
Breathing: Basic element of the Quieting Response Training Series (audio-cassette tape)
Building a Diagnostic Approach to Program Development in Drug Education (video-tape)
Caffeine and Related Stimulants (see A Workshop on the Applied Pharmacology of Alcohol and Other Drugs Series) (video-tape)
Changes in the Lung Associated with Cigarette Smoking (slides)

AUDIO VISUAL AIDS (Films, Tapes, Filmstrips, Slides, etc.) - continued

Check in Time (film)
Cheers (film)
Combining Skeletal and Smooth Muscle Relaxation for the Quieting Response (see Quieting Response Training Series) (audio-cassette tape)
Cover Job (film)
Cultivation of Low Arousal With Biofeedback (see Biofeedback and Behavioral Medicine Series) (audio-cassette tape)
Curious Habits of Man (film)
Daily Living: Coping with Tensions and Anxieties Series (audio-cassette tape)
Detoxification Program (film)
Developing Emotional Freedom (see Daily Living: Coping with Tensions and Anxieties Series) (video-tape)
Disease Concept of Alcoholism, The (audio-cassette tape)
Donwood Film Series: Basic Instruction on the Alcohol Problem, The (film)
Downers and Uppers, Part 1 (see A Workshop on the Applied Pharmacology of Alcohol and Other Drugs Series) (video-tape)
Downers and Uppers, Part 2 (see A Workshop on the Applied Pharmacology of Alcohol and Other Drugs Series (video-tape)
Drinking, Driving, and the Law (slides)
Drug Classification (Stimulants, Depressants, and Mixed Action) (video-tape)
Drug Use and the Aging Process (slides/tape)
Drug Use in Canadian Society (audio-cassette tape)
Drugs, Facts and Alternatives (slides/tape)
Drugs and Our Lives (Algernon, Jimmy) (audio-cassette tape)
Drugs and the Human Body Series (filmstrip)
Dryden File, The (film)
Effective Headache Management Through Biofeedback Training (see Biofeedback and Behavioral Medicine Series) (audio-cassette tape)
Effective Teacher: Drug Education, The (filmstrip/tape)
Effects of Alcohol on Sexual and Aggressive Behavior and Biological Determinants (see Biomedical Research in Alcohol Abuse Problems Series) (video-tape)
Emerging Roles of Biofeedback in Rehabilitation Medicine (see Biofeedback and Behavioral Medicine Series) (audio-cassette tape)
Enablers, The (film)
Epidemiology and Prevention of Alcoholism (audio-cassette tape)
Escape from Addiction (film)
Establishing Self-Worth (see Daily Living: Coping with Tensions and Anxieties Series) (audio-cassette tape)
Everyone A Winner (film)
Facts About Alcohol (audio-cassette tape)
Firm Hand, A (film)
For Those Who Drink (film)
General Introduction, Part 1 (see A Workshop on the Applied Pharmacology of Alcohol and Other Drugs Series) (video-tape)
General Introduction, Part 2, (see A Workshop on the Applied Pharmacology of Alcohol and Other Drugs Series) (video-tape)

AUDIO VISUAL AIDS (Films, Tapes, Filmstrips, Slides, etc.) - continued

General Introduction, Part 3 (see A Workshop on the Applied Pharmacology of Alcohol and Other Drugs Series) (video-tape)
General Introduction, Part 4, (see A Workshop on the Applied Pharmacology of Alcohol and Other Drugs Series) (video-tape)
Genetic Aspects of Alcoholism (see Biomedical Research in Alcohol Abuse Problems Series) (video-tape)
Hallucinogens (see A Workshop on the Applied Pharmacology of Alcohol and Other Drug Series) (Video-tape)
Health and Lifestyle (film)
Helping Skills - A demonstration of Robert Carkhuff's Model (video-tape)
Hepatic and Internal Adaptation and Injury in Alcoholism (see Biomedical Research in Alcohol Abuse Problems Series) (video-tape)
High Way To Die (film)
Hole in the Fence, The (slide/tape)
If You Loved Me (film)
Interpersonal and Non-Rational Factors in Biofeedback Therapy (see Biofeedback and Behavioral Medicine Series (audio-cassette tape)
Interviewing Series (video-tape)
Intervention, The (film)
Introduction to the Nine-Part Chart (see the Donwood Film Series) (film)
Is it Worth It? (video-tape)
Joey and Me (film)
L.S.D. (see Drugs and the Human Body Series) (filmstrip)
Last to Know, The (video-cassette)
LISA: The Legacy of Sandra Blain (film)
Man and His World (see the Donwood Film Series) (Film)
Marijuana (see A Workshop on Applied Pharmacology of Alcohol and Other Drug Series) (video-tape)
Marijuana, Driving, and You (film)
Medical Consequences of Alcoholism (slide/tape)
Mental Adaptation to Heavy Drinking (see the Donwood Film Series) (film)
Modern Sexual Outlook, A (see Daily Living: Coping With Tensions and Anxieties Series) (audio-cassette)
Mountain, The (film)
Narcotics and Drug Abuse (overhead transparency)
No Tears for Kelsey (film)
No Thanks, I'm Driving (see Three For the Road series) (film)
Nutritional Disorders of the Nervous System Complicating Alcoholism (see Biomedical Research in Alcohol Abuse Problems Series) (video-tape)
Opening and Closing Remarks (see Biomedical Research in Alcohol Abuse Problems Series) (video-tape)
Opiates (see Drugs and the Human Body Series) (filmstrip)
Opiates (see A Workshop on the Applied Pharmacology of Alcohol and Other Drugs Series) (video-tape)
Orientation to Disease (see the Donwood Film Series) (film)
Our Brother's Keeper (video-cassette)
Over-the-Counter Medications (see A Workshop on the Applied Pharmacology of Alcohol and Other Drugs Series) (video-tape)

AUDIO VISUAL AIDS (Films, Tapes, Filmstrips, Slides, etc.) - continued

Party Scene (film)
Physical Adaptation to Heavy Drinking (see the Donwood Film Series) (film)
Point Zero Eight (film)
Power Under Control (see Three For the Road Series) (film)
Predicators of Alcoholism (Prevention) (see Biomedical Research in Alcohol Abuse Problems Series) (video-tape)
Predisposing Mental Factors (see the Donwood Film Series) (film)
Predisposing Physical Factors (see the Donwood Film Series) (film)
Predisposing Social Factors (see the Donwood Film Series) (film)
Prime of Life (film)
Probing (see Interviewing Series) (film)
Profile of a Problem Drinker (film)
Psychoactive (film)
Psychotherapeutics, Part 1 (see A workshop on the Applied Pharmacology of Alcohol and Other Drugs Series) (video-tape)
Psychotherapeutics, Part 2 (see A Workshop on the Applied Pharmacology of Alcohol and Other Drugs Series) (video-tape)
Quieting Response Training Series (audio-cassette tape)
Rationale for Employee Alcoholism Recovery Programs (video-tape)
Relationship to Other Problems (see the Donwood Film Series) (film)
Relaxation Exercises I, II, III (see Daily Living: Coping with Tensions and Anxieties Series) (audio-cassette tape)
Relaxing Skeletal Muscles for the Quieting Response (see Quieting Response Training Series) (audio-cassette tape)
Relaxing Smooth Muscles for the Quieting Response (see Quieting Response Training Series) (audio-cassette tape)
Role Bias (see Interviewing Series) (video-tape)
Role of Personal Choice, The (audio-cassette tape)
Role of Tolerance and Physical Dependency (audio-cassette tape)
School Days (film)
Secondary Mental Damage (see The Donwood Film Series) (film)
Secondary Physical Damage (see The Donwood Film Series) (film)
Secondary Social Damage (see The Donwood Film Series) (film)
Secret Love of Sandra Blain, The (film)
Slight Drinking Problem, A (film)
Smoking and Health (slide/tape)
Smoking: It's Your Choice (film)
Sober Alcoholic, The (video-tape)
Social Adaptation to Heavy Drinking (see the Donwood Film Series) (film)
Soft is the Heart of a Child (film)
Solvents (see The Drugs and the Human Body Series) (filmstrip)
Some Aspects of Drug Education (see Drugs and the Human Body Series) (filmstrip)
Some Known Facts About Marijuana (see Drugs and the Human Body Series) (filmstrip)
Summer We Moved to Elm Street (film)
Target 5 (film)

AUDIO VISUAL AIDS (Films, Tapes, Filmstrips, Slides, etc.) - continued

Ten Integrated Steps to the Quieting Response (see Quieting Response Training Series) (audio-cassette tape)
Thoughts and Feelings (see Daily Living: Coping with Tensions and Anxieties Series) (audio-cassette tape)
Three for the Road (film series)
Time for Decision, A (film)
To Meet a Need (film)
To See Or Not to See (film)
To Your Health (film)
Tobacco and Nicotine (see A Workshop on the Applied Pharmacology of Alcohol and Other Drugs Series) (video-tape)
Tranquillizers: The Popular Panacea. Patterns of Prescription Drugs Use in Canada (video-tape)
Two Basic Principles (see Daily Living: Coping With Tensions and Anxieties Series) (audio-cassette tape)
Until I Get Caught (film)
We Don't Want to Lose You (film)
Weber's Choice (film)
What Are You Going to do About Alcohol? (filmstrip/tape)
What Are You Going to do About Smoking? (filmstrip/tape)
Why Do People Take Drugs? (see Drugs and The Human Body Series) (filmstrip)
Women and Alcohol (video-tape)
Workshop on the Applied Pharmacology of Alcohol and Other Drugs Series, A (video-tape)
Young Alcoholics (film)

Nova Scotia Department of Agriculture and Marketing

P.O. Box 550
Truro, Nova Scotia
B2N 5E3

Phone: 895-1571 (extension 184)

PUBLICATIONS (Pamphlets, Books, Posters)

Home Baked Bread
Tree Fruit Recipes
Turkey Rolls
Turkey For Everyone
Chicken Broilers
Beef Cuts
Tender Ways With Beef
Canada's Beef Grading System
Pork
Canadian Lamb
Salads
Salad Meats
Fresh Canadian Vegetables
Potatoes
Potherbs or Greens for the Maritimes
Home Vegetable Growing
Mushroom Collecting For Beginners
Easy To Serve Frozen Casseroles
Easy on the Budget Main Dishes and Desserts
Canning Canadian Fruit and Vegetables
Freezing Foods
Jams, Jellies, and Pickles
Honey
A Taste of Maple
Favorite Recipes with Rapeseed Oil
Egg and Egg Products
Eggs
Skim Milk Powder
Dairy Metrics
Dairy Dips and Dressings
Canadian Cheddar Cheese
Canadian Cheese Guide
Cereals Anytime
Using Savory Herbs
Let's Barbecue
Come Into the Metric Kitchen
Know Your Apples
Shopping For Food and Nutrition
Meat Shoppers Guide
Food Storage in the Home
All About Sandwiches
Home Storage Room for Fruits and Vegetables
Fondue Favorites
Buying and Storing Canadian Food
Food - Your Best Buy
Metric Cooking Easy As Pie
Guide to Food Grades
Food Grading in Canada
Lab Methods for Sensory Evaluation of Food
Festive Foods
Home Preparation of Juices, Wines and Cider
Making Blueberry Wine at Home
Preparing Vegetables for 50
Home Made Dairy Products
Energy
Get Cracking
Turkey, Turkey, Turkey
Talking Turkey
Cooking Canada's Turkey
Eggs Go Metric
Barbecued Chicken
Nova Scotia Chicken Book
Facts About Pork
Eggs - The Blenders
Care For Your Frozen Foods
Peach Power
Easy Mixes
Food For the Young Couple
Food Guide for Older Folks
Dinners for Senior Diners
Nutrition Food at Work For You
How to Metricook
Cooking the Metric Way
Metric Cookbook Marker
Eggsperimenting With Your Microwave oven
Cooking Nova Scotia Eggs
Egg Your Menu On

Nova Scotia Department of Agriculture and Marketing

PUBLICATIONS (Pamphlets, Books, Posters) - continued

Nutrition Dollars and Sense
Food Check Book
Out of the Frying Pan
Poultry in the Menu - Teachers Guide
Energy Game
A Blender - One of the Kitchen's Newest Motors
Savor the Flavour
Hints for the Outdoor Chef
Summer Celebration Menu
Nutrition Games - Leaders Guide
Say Cheese
Low Calorie Resource Manual - Teachers Guide

Home Economics

Blue Magic
It's Strawberry Time in Nova Scotia
Nova Scotia Cranberry Recipes
Raspberry Recipes
Nova Scotia Apple Recipes
Nova Scotia Apple Juice Recipes
Nova Scotia Applesauce Recipes
Freezing Ease With Nova Scotia Apples
Rubharb
Recipes Featuring Tomatoes and Cucumbers
Tomatoes From The Can Make The Meal
Barbecue Nova Scotia Pork
Home Curing of Pork
Pumpkin and Squash
Recipes Featuring Nova Scotia Pork
Squash
Nova Scotia Lamb
Nova Scotia Rabbit
Choice Chicken Recipes
Make It Maple
Honey Recipes
Know Your Beef Cuts
A Great 'To Do' About Milk
Home Cheesemaking
Yogurt
29 Vegetables
Zucchini Ideas
Pumpkin Ideas
Freezing Cooked and Prepared Foods At Home
Dried Foods
Casserole Dishes For The Cook Who Cares
Vegetables With A Difference
A Penny Saved
One To Grow On (Breastfeeding)
Start Fresh With a Good Crisp Salad
Fall Salads
Your Moneys Worth in Foods

AUDIO VISUAL AIDS (Films, Tapes, Filmstrips, Slides, etc.)

Package programs and slide series are available to service groups and organizations across the province that wish to add variety and information to their programs. These may be borrowed for a two-week period. For further information, ask for our lists of "Slide Series Library" and "Package Programs."

Nova Scotia Department of Consumer Affairs

5151 Terminal Road
P.O. Box 998
Halifax, Nova Scotia
B3J 2X3

Phone: 424-4690

REGIONAL OFFICES

Full Time Offices Open 8:30 - 4:30, Monday - Friday

5151 Terminal Road
P.O. Box 998
Halifax, Nova Scotia
B3J 2X3

Phone: 424-4690

Provincial Building
Prince Street
Sydney, Nova Scotia
B1P 5L1

Phone: 539-8230

MacSween Street
Provincial Building
P.O. Box 624
Port Hawkesbury, N.S.
B0E 2V0

Phone: 625-2691

502 Maritime Building
P.O. Box 236
New Glasgow
Nova Scotia
B2H 5E3

Phone: 752-0975

120 Exhibition Street
2nd Floor, Provincial Bldg
Kentville
Nova Scotia
B4N 4E5

Phone: 678-8500

29 Main Street, 2nd Floor
Municipal Provincial Bldg.
P.O. Box 130
Springhill, Nova Scotia
B0M 1X0

Phone 597-2262

58 Willow Street
Truro, Nova Scotia
B2N 4Z6

Phone: 895-1637

Provincial Building
10 Starrs Road
Yarmouth, Nova Scotia

Phone: 742-7985

Nova Scotia Department of Consumer Affairs

REGIONAL OFFICES - continued

Part Time Offices

Provincial Building
James Street
Antigonish, Nova Scotia
Phone: 863-3610
Open each Monday & Thursday

13 Crescent Avenue
Amherst, Nova Scotia
B4H 1T8
Phone: 667-7544
Open each Friday

99 High Street
Bridgewater, Nova Scotia
B4V 2G4
Phone: 543-7336
Open mornings only

PUBLICATIONS (Pamphlets, Books, Posters)

Avoiding Used Car Problems
Before, During and After a Purchase
Buying A House
Buying Wisely
Choosing A Contractor
Do You Owe Too Much
Home Insulation
Home Repairs
Stepping In the Right Direction in the World Of Credit
Tricks of the Marketplace
Who We Are And What We Do

AUDIO VISUAL AIDS (Films, Tapes, Filmstrips, Slides, etc.)

Consumer Education Installment Buying (film)
Ten The Magic Number (film)
Transportation Brown (film)

Metric Conversion (video-cassettes)

Metric Cassette and Slides

Nova Scotia Department of Culture, Recreation and Fitness

P.O. Box 864
Terminal Building, 8th Floor
5151 Terminal Road
Halifax, Nova Scotia
B3J 2V2

Phone: 424-7512

REGIONAL OFFICES

P.O. Box 864
Halifax, Nova Scotia
B3J 2V2

Phone: 424-7622

P.O. Box 2140
Windsor, Nova Scotia
B0N 2T0

Phone: 798-4616

515 Prince Street
Truro, Nova Scotia
B2N 1E8

Phone: 893-9487

274 Main Street
Antigonish, Nova Scotia
B2G 2C4

Phone: 863-1736

Provincial Building
Prince Street, Sydney
Nova Scotia
B1P 5L1

Phone: 564-8184

P.O. Box 470
Bridgewater, Nova Scotia
B4V 2X6

Phone: 543-5000

PUBLICATIONS (Pamphlets, Books, Posters)

Building A Healthier Company
Employee Fitness and Lifestyle Project
Fitness The Facts ($6.00)
Food & Fitness
Moving Into the Teens
Physical Fitness Who Needs It
Summary of the Employee Fitness Project Report (1978)
Surprising What You Don't Know About Fitness
Take It Easy - Fitness for the Older Canadian

AUDIO VISUAL AIDS (Films, Tapes, Filmstrips, Slides, etc.)

Circuit Training To Music (tape) ($10.00)

The Department is continuously updating current publications and audiovisual materials as well as acquiring new ones. Please contact your regional office for more information.

Nova Scotia Department of Education

Media Services Division
5250 Spring Garden Road
Halifax, Nova Scotia
B3J 1E8

Phone: 424-5440

AUDIO VISUALS (Films)

Film No.	Title	Audience Suitability
1099	Alcohol: How Much is Too Much	Grades 11 - Adult
1114	Almost Everyone Does (Drugs)	Grades 7 - Adult
1188	As Boys Grow (Puberty Changes)	Grades 7 - Adult
1231	Becoming - Labour and Delivery	Grades 10 - Adult
1247	Best Friends (Smoking)	Grades 6 - Adult
1383	Children At Play with Poison	Primary - Adult
3540	Clean and Neat With Harv and Marv	Grades 1 - 3
1438	Communicable Diseases	Grades 10 - Adult
1458	Control of Air Pollution	Grades 7 - Adult
1489	Cystic Fibrosis: Diagnosis and Management	Grades 12 - Adult
1546	Drag, The (Smoking)	Grades 4 - 7
1547	Drop in the Bucket (Fluoridation)	Grades 7 - Adult
1549	Drugs and The Nervous System	Grades 7 - Adult
1572	Effects of Air Pollution	Grades 5 - Adult
1642	Epidemiology of Staphylococcal Infections	Grades 10 - Adult
1678	Family Planning	Grades 7 - Adult
1697	First Canadian Youth Conference on Smoking and Health	Grades 7 - Adult
1755	Freedom From Pregnancy	Grades 10 - Adult
1842	Growing Up Safely	Primary - Adult
3560	Have a Healthy Baby	Grades 10 - Adult
1879	Hearing: the Forgotten Sense	Grades 5 - Adult
1899	His Responsibility (Teenage Pregnancy)	Grades 7 - Adult
1909	Hospital Sepsis: A Communicable Disease	Grades 10 - Adult
1911	Housefly and Its Control	Grades 10 - Adult
1943	Human Growth (Sex Education)	Grades 7 - Adult
1950	I Am Not Going To Smoke	Grades 5 - Adult
2028	It's Wonderful Being a Girl (Menstruation)	Grades 5 - 9
2038	Jenny Is A Good Thing	Primary - 5
2058	Kathy (Gonorrhea)	Grades 7 - Adult
2068	King Size (Smoking)	Grades 7 - Adult
2069	Know Your Baby	Grades 10 - Adult
2107	Learning to Live (Sex Education)	Grades 7 - Adult

AUDIO VISUALS (Films) - continued

Film No.	Title	Audience Suitability
2119	Let's Discuss Smoking	Grades 6 - Adult
2180	Long Way Back	Grades 10 - Adult
2286	Methods of Family Planning	Grades 7 - Adult
2303	Miracle of Reproduction	Grades 5 - Adult
2322	More Common Than Measles and Mumps	Grades 10 - Adult
2370	Naturally A Girl	Grades 5 - Adult
2393	Normal Birth	Grades 9 - Adult
2427	One Way To Quit (Smoking)	Grades 7 - Adult
2545	Planned Families	Grades 10 - Adult
2572	Postnatal Care	Grades 10 - Adult
2580	Prenatal Care	Grades 10 - Adult
2657	Resuscitation of the Newborn	Grades 10 - Adult
2757	Silence Barrier (Deafness)	Grades 9 - Adult
2783	Smokers' Lungs	Grades 10 - Adult
2787	Smoking: Who Cares?	Grades 7 - Adult
2807	Something To Chew On (Dental)	Grades 7 - Adult
2809	Song of the Night Lark (Cystic Fibrosis)	Grades 10 - Adult
2819	Source of Air Pollution	Grades 6 - Adult
3524	Spoilers, The (Bacteria)	Grades 10 - Adult
3298	T.V. Clips on Smoking	Grades 7 - Adult
2893	Teens, The (Teenage Development)	Grades 6 - Adult
2894	Teeth are to Keep	Grades 5 - Adult
3188	Terrible Twos and the Trusting Threes	Grades 10 - Adult
3220	Then One Year	Grades 5 - Adult
3227	Things a Teacher Sees	Grades 5 - 10
3541	To Plan Your Family	Grades 10 - Adult
3260	Tom Leher Sings Pollution	Grades 5 - Adult
3332	V.D. Attack Plan	Grades 7 - Adult
3334	V.D. Name Your Contacts	Grades 7 - Adult
3335	V.D. See Your Doctor	Grades 7 - Adult
3336	V.D.: Kids Get It Too	Grades 7 - Adult
3525	Waste: Penalty of Affluence	Grades 7 - Adult

Nova Scotia Department of Environment

P.O. Box 2107
Halifax, Nova Scotia
B3J 3B7

Phone: 424-5300

PUBLICATIONS (Pamphlets, Books, Posters)

Children's

The World of Sammy Seagull (French or English)
The Garbage Collector (French or English)
Captain Enviro (French or English)

General

Our Coastal Environment
Acid Rain
Pesticides 1
Pesticides 2
Recycling
Hazardous Wastes
Solid Waste Disposal
Pollution Hazard to Groundwater in Nova Scotia
Catalogue of Environmental Education Materials - Nova Scotia

Emergency Measures

Flood
Hurricane
Earthquake
Winter Power Failure
Winter Storms You and Your Car
Severe Storms
11 Steps to Survival

AUDIO VISUAL AIDS (Films)

A Logical Choice - A film on sanitary landfill
Nova Scotia Beaches Need Protecting

OTHER

Environmental Education Kit on Food Chains (Available to Grade VI teachers on loan)
Our Coastal Environment - booklet, activity cards, filmstrip and poster series. Available to High School Teachers (Free of charge)

HEALTH UNIT MAIN OFFICES

Atlantic Health Unit
1600 Bedford Highway
Bedford, Nova Scotia
B4A 1E8

Phone: 835-7181

Cape Breton Health Unit
360 Prince Street
Sydney, Nova Scotia
B1P 5L1

Phone: 564-4447/564-4448

Cobequid Health Unit
P.O. Box 40, 523 Prince St.
Truro, Nova Scotia
B2N 5B6

Phone: 895-5321

Western Health Unit
P.O. Box 338, 60 Vancouver St.
Yarmouth, Nova Scotia
B5A 4B3

Phone: 742-7141

Fundy Health Unit
P.O. Box 908, 100 King St.
Windsor, Nova Scotia
B0N 2T0

Phone: 798-2264

Lunenburg/Queens Health Unit
99 High Street
Bridgewater, Nova Scotia
B4V 1V8

Phone: 543-4685

Northumberland Health Unit
P.O. Box 310, Ross Road
Pictou, Nova Scotia
B0K 1H0

Phone: 485-4388

Nova Scotia Department of Health

PUBLICATIONS (Pamphlets, Books, Posters)

Printed materials listed are for distribution through the Department's health promotion programs. Individuals or groups wishing to obtain copies free of charge should contact the local Health Unit Office.

Communicable Diseases

General Immunization Schedule
Immunization Posters
Immunize Against Measles
Immunize Against Rubella
Hey You Guys Immunize - Stickers
Herpes
Lice Aren't Nice
Impetigo
Ringworm
Scabies or The Itch
Sexually Transmitted Diseases

Dental Health

For publications on dental health, please contact the dental hygienist in the health unit nearest you. They will be glad to give an education presentation to groups or discuss your specific need in relation to dental health resources.

Maternal And Child Health - Pre/post Natal Care

Accidental Poisoning Kits
Canadian Mother and Child
Child Pedestrian Safety Flyer
Having a Happy Birthday
Maternity Exercise Booklet
Prenatal Class Flyer
Prenatal Class Poster
Pre-school Health Kit
Up the Years From One to Six
Your Baby's Hearing
Baby's Nursing Habits
Breastfeeding Your Baby
For the Expectant Father
Wet Again
Is Your Child Safe
Planning For Safety
Discipline
Toilet Training
Memo To Parents About Their Child's Eyesight
Baby's First Tooth

Nutrition

Breastfeeding Your Baby
Choosing Reliable Nutrition Books
Crunch
Expecting A Baby Congratulations
Feeding Your Baby
Homemade Foods For Baby
How Many Calories In An Alfalfa Sprout?
Nutrition Posters
Soups to Nuts
Think Thin
Quick and Easy Breakfast
Flying High For Food
How Fit is Your Foodstyle
Nutrient Value of Some Common Foods
Canada's Food Guide Handbook
Shopping for Food and Nutrition
What Makes A Body Grow
Lunches Don't Have to be Boring
Nutrition Currents
Rate Your Eating Style
Super Silly Snacks
Year One Food For Baby

PUBLICATIONS (Pamphlets, Books, Posters) - continued

Smoking

Anti-Smoking Buttons
Anti-Smoking "Looking Good" Poster
Famous Smoking Excuses
Quit Hints Pamphlet
Should You Smoke During Pregnancy
Will Your Child Smoke

Other Printed Materials

Directory of Health Education Resources
Handbook for Foodhandlers
Nova Scotia Regulations Respecting Eating Establishments
Nova Scotia Regulations Respecting On-Site Sewage
Now Its Up To You (family planning)
Summer Camp Regulations
Guidelines for Swimming Pools
Septic Tanks for Rural Sewage Disposal Systems
Water and Sewage Specimen Examination in Public Health Laboratories
Epilepsy, Epilepsy, Epilepsy
Occupant Restraints Save Lives

AUDIO VISUAL AIDS (Films, Tapes, Filmstrips, Slides, etc.)

The following films, filmstrips and slide shows are used in programs offered by the Community Health Nurse, nutritionist or dental hygienist in various regions throughout the province. Groups wishing to use these aids should contact their local health unit.

	Audience Suitability
A Gift An Obligation (immunization)	Junior High - Adult
Accent on You (menstruation)	Grades 4 - 9
Alice in Additiveland	High School - Adult
Alli-Croc, Parts 1, 2, 3 (dental health)	Primary - Grade 6
Am I Normal? (male puberty)	Grade 6 - 9
A Question of Values	Senior High - Adult
Baby Feeding and Nutrition: Getting A Good Start On Life	Grade 9 - Adult
Becoming (labour & delivery)	Adult
Be Fit and Live	Grade 9 - Adult
Before Pregnancy	Adult
Brushing Your Teeth/Flossing Your Teeth	General
Carnation Pregnancy Slides	Adult
Cesarean - A Special Birth	Adult
Chicken (smoking)	Primary - Grade 3

Nova Scotia Department of Health

AUDIO VISUAL AIDS (Films, Tapes, Filmstrips, Slides, etc.) - continued

	Audience Suitability
Children Can Cook	Teachers
Clean Is Keen (personal hygiene)	Grades 4 - 9
Control of Foodborne Disease in the Foodservice Industry	Adults
Dear Diary (female puberty)	Grades 6 - 9
Dental Health for Moms and Babes To Be	Parents
Dentistry Through The Ages of Man	Adults
Disney's Dental Health Program	Grades 3 - 6
Doorway to Dental Health	Grades 8 - 12
Dudley The Dragon (dental health)	Preschool & Primary
Eating on the Run	Grade 8 - Adult
Essential Exercises for the Childbearing Year	Prenatals
Facts About Headlice	General
Facts and Feelings	Grades 6 - 9
Family Living and Sex Education - Series A	Primary - Grade 6
Family Living and Sex Education - Series B	Grades 4 - 6
Family Living and Sex Education - Series C	Grades 4 - 8
Family Planning	Grade 9 - Adults
Feeding to Nourish and Love	High School - Adults
Fetal Monitoring	Adults
First Foods	High School - Adults
First Two Weeks of Life	Adults
Food Handle With Care Slides	Adults
Foodhandling Sanitation Kit	Adults
Food Labeling	Adults
Food Platform	Elementary - Adults
Food To Grow On - Nutrition From Newborn Through Teens	Adults
Food To Live On - Nutrition From the Twenties Through the Nineties	Adults
Freedom From Pregnancy	Adults
Girl Stuff (feminine hygiene)	Grades 6 - 9
Good Food - Good Times	Primary - Grade 3
Go With Good Food	Teachers & School Admin.
Great Expectations (maternal nutrition)	Grade 10 - Adults
Health Adventures of the Lollipop Dragon (general health)	Primary - Grade 5
Help Yourself to Better Health (nutrition for seniors)	Seniors
Herpie - The New V.D. Around Town	Grade 7 - Adults
Hidden Caries	Adults
History of Contraception	Senior High - Adults
Home Safe Home (hazardous products)	Primary - Grade 4
Hope Is Not A Method (family planning)	Junior High - Adults
How To Tame Your Sweet Tooth	Grades 6 - 9
Human Growth III (human reproduction)	Junior High - Adults

AUDIO VISUAL AIDS (Films, Tapes, Filmstrips, Slides, etc.) - continued

Human Reproduction	Grade 7 - Adults
Human Reproduction - What You Should Know	Grade 7 - Adults
Infant Feeding Slide/Tape Show	Adults
In The Beginning (child development)	Adults
It Couldn't Happen To Me (family planning)	Junior High - Adults
It's Dental Flossophy, Charlie Brown	General
It's Normal to Have Acne	Grades 6 - 9
Jenny Is a Good Thing (preschool nutrition)	High School - Adults
Labour and Delivery	Adults
Let's Talk About Smoking	Grades 4 - 9
Life Before Birth	Grade 9 - Adults
Life is Precious (seat belts for children)	Parents
Living and Growing (human reproduction)	Primary - Grade 4
Look Before You Eat	Grade 9 - Adults
Methods of Family Planning	Adults
Mommy-Daddy Communications (prenatal)	Adults
Nan's Class (prenatal)	Adults
Naturally A Girl (menstruation)	Grades 6 - 9
Newborn	Adults
Noit Neverp - Is "Prevention" Spelled Backwards (dental health)	Grades 4 - 6
Nurturing (child development)	Grades 11 - Adults
Nutrition - The third Trimester	Prenatals
Planned Families	Adults
Pregnancy and Birth	Grade 10 - Adults
Prenatal	Adults
Prenatal Care - The Early Months	Adults
Pressures To Smoke	Grade 6 - Adults
Prevention of Rubella and Other Harmless Diseases	Senior High - Adults
Preventive Dentistry in 'B' Sharp	General
Resisting Pressures To Smoke	Grades 6 - Adults
Sandy Sleighfood (dental health)	Primary - Grade 3
Sanitation - Rules Make Sense	Adults
Sanitation - Why All The Fuss?	Adults
Sexuality and Communication	High School - Adults
Sexually Transmitted Diseases - Causes, Prevention and Cure	Grade 7 - Adults
Smoking - It's Your Choice	Grade 5 - Senior High
Soap, Scents, and the Hard, Hard Sell (hygiene)	Junior High
Some Children Need Special Care (dental hygiene for handicapped)	Adults, Teachers
Soopergoop (advertising)	General
Special Cases (labour and delivery)	Health Professionals
Spinal Screening Program	General
Teacher's Inservice Slide/Tape Show (community health team)	Teachers
Teeth Are Good Things to Have	Senior High - Adults
The Cleanliness Film	Elementary

Nova Scotia Department of Health

AUDIO VISUAL AIDS (Films, Tapes, Filmstrips, Slides, etc.) - continued

The Feminine Mistake (smoking)	Junior & Senior High
The Munchers - A Fable (nutrition & dental health)	Elementary
The No Show (smoking)	Grades 4 - 9
Then One Year (puberty)	Grades 6 - 9
The Ortho Educator - Family Planning Teaching Kit	Senior High - Adults
The Parenting Experience	Senior High - Adults
The Real Talking, Singing Action Movie About Nutrition	Grades 7 - 10
The Snacking Mouse	Preschool - Primary
The Snacking Mouse Goes To School	Primary - Grade 3
The Whole Body Manual (food and fitness)	Adolescents
The Zoosters (nutrition)	Primary - Grade 3
Toothbrushing with Charlie Brown	General
Too Tough to Care (cigarette advertising)	Elementary - Senior High
To Plan Your Family	Adults
Trying Times (smoking and drink)	Junior & Senior High
Understanding Labour	Adults
V.D. Kit (Ontario)	Grades 7 - 12
V.D. Questions and V.D. Answers	Grades 9 - 12
V.D.: What I Need to Know	Grades 9 - 12
Vegetarianism in a Nutshell	Senior High - Adults
War On Headlice	Adults
Winnie The Pooh - Nutrition and You	Grades 4 - 6
Why People Smoke	Grade 6 - Adults
Year One Food For Baby	Senior High - Adults
You Don't Smoke, Eh?	Junior & Senior High
You Would If You Loved Me - Making Decisions About Sex	Grade 7 - Adults
Your Body for Life (nutrition)	Elementary
Your Child's Dental Health	Parents, Teachers & High School
Your Food - Chance or Choice	Grades 7 - 12

Nova Scotia Heart Foundation

408 Roy Building
1657 Barrington Street
P.O. Box 1585
Halifax, Nova Scotia
B3J 2Y3

Phone: 423-7530
423-9281

PUBLICATIONS (Pamphlets, Books, Posters)

A Healthy Heart is a Family Affair
A Safe Workload for Farmers with Heart Disease
About Your Heart and Bloodstream
Children and Smoking: A Message to Parents
Cooking Without Your Salt Shaker (Cookbook)
E is for Exercise
Eat Well But Eat Wisely
Facts About Stroke
Fitness Wheels
Food and Your Heart
Healthy Eating for Teenagers
Heart Attack
Heart Puzzle
Heart Quiz
High Blood Pressure
How To Stop Smoking
Physical Activity and Your Heart
Recipes for Fat Controlled, Low Cholesterol Meals
Save Food Dollars and Help Your Heart
Save Your Life
Seven Hopeful Facts About Stroke
Should You Smoke During Pregnancy
Smoking and Heart Disease
Varicose Veins
Way to a Man's Heart: A Fat Contolled, Low Cholesterol Meal Plan
Weight Control Guidance in Smoking Cessation
Your Heart
Your Heart is More Than A Symbol of Love

For Patients or Their Families

After a Heart Attack
Anticoagulants, Your Physician and You
Aphasia and the Family
Coronary Bypass Graft Surgery
Facts About Congestive Heart Failure
High Blood Pressure - What Is It; What You Can Do About It
How High Blood Pressure Can Hurt You

Nova Scotia Heart Foundation

PUBLICATIONS (Pamphlets, Books, Posters) - continued

For Patients or Their Families - continued

If Your Child Has a Congenital Heart Defect
Innocent Heart Murmurs in Children
Inside the Coronary Care Unit - A Guide for the Patient and his Family
Living With Your Pacemaker
Strokes - Why Do They Behave That Way
Strokes - A Guide for the Patient and his Family
Varicose Veins
You, Your Child and Rheumatic Fever

Pamphlets: To Be Used With Professional Guidance

Do It Yourself Again: Self-Help Devices for the Stroke Patient
Strike Back at Stroke
Up and Around

Pamphlets Available Only On Doctor's Prescription

Planning Fat-Contolled Meals for 1200 and 1800 Calories
Planning Fat-Contolled Meals for 2000 and 2600 Calories
Your Mild Sodium-Restricted Diet
Your 500 Milligram Sodium-Restricted Diet
Your 1000 Milligram Sodium-Restricted Diet

For Schools

About Your Heart and Bloodstream
Circulatory System - Sheet 22" x 38" and Sheet 8 1/2" x 11"
Heart Puzzle
Heart Quiz
Jump For the Health Of It
Skip It for Fun
Your Heart and How it Works - Sheet 17" x 22"

Posters

Circulatory System
Down With High Blood Pressure
Guard Against Heart Attack: Control High Blood Pressure
Guard Against Heart Attack: Reduce if Overweight
If Your Blood Pressure Is Up, Don't Let It Get You Down
Thank You For Not Smoking
Twenty Things That Can Increase Your Risk of Heart Attack
Your Heart and How It Works

Nova Scotia Heart Foundation

AUDIO VISUAL AIDS

Ask your local Heart Foundation for information about available films, slides and exhibits.

Orders and enquiries should be sent to your local Heart Foundation.
Single copies of publications are available without charge.
For larger quantities, consult your local Heart Foundation.

Nova Scotia Lung Association

17 Alma Crescent
Halifax, Nova Scotia
B3N 2C4

Phone: 443-8141

PUBLICATIONS (Pamphlets, Books, Posters)

The Facts Series

Air Pollution
Asthma
Bronchiectasis
Chronic Bronchitis
Chronic Cough
Cigarette Smoking
Coci
Common Cold
Common Respiratory Allergies
Dust Disease
Emphysema
Farmers Lung
Flu
Hay Fever
Lung Cancer
Pleurisy
Pneumonia
Shortness of Breath
Tuberculosis
TB Outside the Lungs
Tuberculin Skin Test

Buttons

No Smoking Symbol
Thanks For Not Smoking
Yes I Mind If You Smoke!
Your Smoking Hurts My Lungs
Lungs Are For Life (French)

Mactacs

Thank You For Not Smoking - Tabletop cards 5 3/4" x 3 1/2"
No Smoking Symbol - inside 3 3/8
Thank You For Not Smoking Mactac - 4" x 2 1/2"

Booklets

Canadian TB Standards
TB: What the Physician Should Know
Don't You Dare Breathe That Air
Chronic Obstructive Pulmonary Disease
Occupational Lung Disease: An Introduction
Lung Disease in Children
Help Yourself to Better Breathing (COPD)
As You Live You Breathe (student Gr. 5-8)
Your Child's Lungs Are for Life

Nova Scotia Lung Association

PUBLICATIONS (Pamphlets, Books, Posters) - continued

Tuberculosis

Canadian Tuberculosis Standards
Diagnostic Standards Classification of Tuberculosis and Other Mycobacterial Diseases
Tuberculosis: What the Physician Should Know
TB: The Facts
TB Outside the Lungs

Lung Disease: Booklets And Leaflets

Breathing Exercises for Asthmatic Children - Captain Wonderlung
New Frontiers in the Treatment of Asthma in Children
Respiratory Care in Infants and Children
Willie And The Wheeze
So You Have Asthma - Welcome to The Club!
What You Should Know About Allergy
Children With Asthma
Lung Disease of Children
For the Parent: Your Child's Lungs Are For Life
Chronic Obstructive Pulmonary Disease
It's Your Problem Air Pollution
Air Pollution: Harmful Health Effects
Keep Your Child From Choking on Objects
Glossary on Air Pollution
Occupational Lung Disease: An Introduction

Lung Hazard Series:
- Asbestosis
- Auto Repair
- Firefighting
- Irritant Gases
- Petrochemicals
- Silicosis
- Solvents
- Welding

Posters

Be Kind to Nonsmokers
Everyday Objects Can Choke Your Child
No Smoking - Lungs At Work
The Respiratory System
Smoking Can Affect the Two of You (Pregnancy)
Endangered Species
Brooke Shields
Cigarette Smoking Is Harmful
Let's Fight Air Pollution
Please Don't Smoke

Nova Scotia Lung Association

PUBLICATIONS (Pamphlets, Books, Posters) - continued

Posters - continued

Safety Pins Can Be Fatal
Smoking Spoils Your Performance (Placido Domingo)
Its Not As If Your Child Can Leave the Room (Pregnancy)
Your Lungs Will Forgive You - If You Stop Smoking Now

Smoking Publications

Cigarette Smoking
Second Hand Smoke
Pipe and Cigar Smoke
You're Young, You're Female and You Smoke
Smoking and the Two of You (Pregnancy)
Questions and Answers on Smoking and Health
Chronic Bronchitis - The Facts
Emphysema - The Facts
Lung Cancer - The Facts
The Surprising News About Women and Smoking
Women are Kicking the Habit Kit
As You Live You Breathe (Grades 5-8)
Have Fun! Figure Out the Smoking Puzzle (Grades 5-8)
No Smoking - Lungs at Work (Grades 5-8)
Smoking Lung Machine (Grades 5-8)
No Smoking Colouring Book (K-3)
Ways to Keep Well and Happy (K-3)
How Not to Love Your Kids
Your Child's Lungs Are For Life
It Might Have Been A Beautiful Baby

Smoking Cessation Programs

Countdown: Smoking Withdrawal Program
Freedom From Smoking in 20 Days: (A self help program for those who want to stop smoking)
A Lifetime of Freedom From Smoking

Other Materials And Aids

Family Asthma Manual - for co-ordinator
Health Education Aids Catalogue - teachers and other professionals
Easy Breathers' Club - for COPD patient and family
Breathe Free Book/Record - (Asthmatic Child)
Newsletter "Herring Choker"
Help Yourself to Better Breathing (patient)
Graphic Aids in Blood Gas Analysis (leaflet and 3 cards)
Because You Have Your Baby - Kit

Nova Scotia Lung Association

AUDIO VISUAL AIDS (Films, Tapes, Filmstrips, Slides, etc.)

Films are available for loan at no charge as a Christmas Seal Service from the Nova Scotia Lung Association.

Smoking and Health

As We See It
Dying For A Smoke
Everything You Always Wanted To Know About How To Stop Smokers, But Were Afraid To Try!
Kids on Smoking
Life and Breath
Smoking and You
Smoking - It's Your Choice
Octopuff in Kumquat (Kin-3 and Teachers Guide)
Is it Worth Your Life?
I am Not Going to Smoke
It's A Dirty Filthy Habit
Smoke Gets In Your Hair
Lung Disease and the Respiratory System
Smoking: A New Focus
The Elusive Enemy (TB)
To Clear The Air
To Live and Breathe
Charlie Brown Clears the Air (Charlie Brown Storybook and Film Guide)
Shadow of Progress
Rox Sox Nox "The Anatomy of Air Pollution"
Breathing Easy (Gr. 5-8; Booklet "As You Live You Breathe" accompanies)
The Runaround
The Battle to Breathe
A Fight For Breath (Emphysema)
Emphysema The Facts

Medical-Paramedical

Spirometry - Early Detection of Chronic Obstructive Pulmonary Disease
Breath of Fun (Asthma)
Chronic Bronchitis & Pulmonary Emphysema
The Special Universe of Walter Krolik (TB)
Pulmonary Rehabilitation
Jerry's Not Here Today (slides) (Asthma)
A Regular Kid (Asthma)
The Will To Live (COPD)
New Advances in Asthma
Asbestos: The Deadly Dust (Audiovisual)

Nova Scotia Lung Association

AUDIO VISUAL AIDS (Films, Tapes, Filmstrips, Slides, etc.) - continued

Lungs Are For Life

National Program of Lung Associations in Canada
Materials produced focusing on theme and available during week in addition to catalogue materials.

SELF-INSTRUCTIONAL AUDIOVISUAL PROGRAMS FOR PROFESSIONAL MEDICAL EDUCATION

Basic Pulmonary Functiona Testing

Coal Workers' Pneumoconiosis: Radiology and Pathology

Pediatric Asthma: Pathophysiology

Diagnosis And Assessment of Chronic Obstructive Pulmonary Disease

Outpatient Management of the Child with Asthma

Interpretation of Blood Gases

Pathology of Chronic Airflow Obstruction

Defense Mechanisms of the Respiratory Tract

Pulmonary Function Testing in Children

Factors Influencing the Response of Asthma to Therapy

Mycobacteria Other Than M. Tuberculosis in Man

Nova Scotia Safety Council

3627 Joseph Howe Drive
Halifax, Nova Scotia
B3L 4H8

Phone: 454-9621

PUBLICATIONS (Pamphlets, Books, Posters)

(Please specify English and/or French requirement)

General Information

Minimum order per item - 10 (except where shown)
Please include payment for orders of $10.00 or less.
Provincial sales tax to be added where applicable.

	10-499 (each)	500-999 (each)	1000 & Over (each)
Public Safety			
Tips for Babysitter	$.23.4	.18.7	.15.6
Bicycle Safety; Safe Bicycling in Canada	.35.4	.28.3	.26.3
Safer Practices for Boating and Water Skiing	.16.8	.13.4	.11.2
Boating: Ropes and Knots	.21.4	.17.2	.14.3
Carbon Monoxide - The Silent Killer	.10.8	.08.6	.07.2
Guide for Child Safety	.13.2	.10.8	.09.0
Christmas - Safety is the Greatest Gift	.10.8	.08.6	.07.2
Christmas Fire	.12.7	.10.2	.08.5
Electrical Safety	.19.5	.15.6	.13.0
Prevent Falls	.11.0	.09.0	.07.5
Family Camping	.14.4	.11.5	.09.6
Farm Chemical Safety	.11.4	.09.1	.07.6
Farm Machinery Safety	.13.3	.10.6	.09.0
Hotel Fires - Tips on How to Survive	.16.2	.13	.10.8
Personal Protective Equipment on the Farm	.11.5	.09.2	.07.6
Safety with Firearms	.12.4	.10.0	.09.0
Safety Study on Fireworks and Firecrackers	.25	.20	.15
Fire Safe Home and Apartment	.10.5	.08.4	.07
Fire Safety Afloat	.12.9	.10.3	.08.6
Fishing: The Safe Angler	.07	.05.8	.05
Fitness: Keep Fit for Fun	.05.4	.04.3	.03.6
Hand Tools	.15.9	.12.8	.10.6
Guide for Home Safety	.16.5	.13.2	.11
Ladder Safety	.11.6	.09	.07.5
Lawn Mower and Snow Blower Safety	.12.8	.10.3	.08.5
Program Guide for Poison Prevention	.60	.55	.50
Propane Safety for Your Recreational Vehicle and Appliances	.05	.05	.05

PUBLICATIONS (Pamphlets, Books, Posters) - continued

	10-499 (each)	500-999 (each)	1000 & Over (each)
Electrical Power Tools	.13.3	.10.6	.09
Guide for Rural Safety	.16.1	.12.9	.10.7
Safe Use of Wood Stoves	.09	.07.2	.06
Smoke Detectors and Fire Extinguishers	.11.5	.09.2	.07.6
Swimming Pool Safety	.15.3	.12.2	.10.2
Selecting the Right Toy for the Right Child	.11	.09	.07.5
Vacation Safety	.18.6	.14.9	.12.4
Your Child's Safety	.05	.04	.03.4
Accident Fatalities - Canada (Latest Edition)	(per copy)	$3.50	
Block Parent Program Manual ($1.50 each)			

Posters

Cost: (1 - 9 $.35 each) (100 - 999 $.12 each)
(10 - 99 $.19 each) (1000 plus $.09 each)

Tie One On (lifejackets)
Child Safety
Personal Equipment on the Farm
Roll Over Protection (tractors)
Blindness is... (eye protection)
45 RPM ($1.00 each)

	10-499 (each)	500-999 (each)	1000 & Over (each)
Occupational Safety			
Prevent Office Injuries	$.17	.13.6	.11.3
Eye Protectors Identification List	.22	.18	.15
Protect Your Hands	.30.9	.24.7	.20.6
5 Minute Talks on Off-the-Job Safety	.37	.30	.25
Information Sourcebook ($8.00 each)			
Catalogue of Educational Resources Occupational Safety and Health ($175.00 each)			
Subscription for annual up-date ($25.00 each)			
Traffic Safety			
Canadian Expressway Driving	.09	.07.3	.06
Trailering Guide	.15.9	.12.7	.10.6
How to Jump a Battery	.03.8	.03	.02.5
If You Drive After Drinking	.11.7	.09.4	.07.8
You and the Law on Drinking and Driving	.03.8	.03	.02.5

Nova Scotia Safety Council

PUBLICATIONS (Pamphlets, Books, Posters) - continued

	10-499 (each)	500-999 (each)	1000 & Over (each)
Blood Alcohol Chart	.04.5	.03.6	.03
10 Steps to Safe Driving	.03.8	.03	.02.5
10 Point Diagnosis of an Ailing Car	.03.8	.03	.02.5
Is Your Car Safe?	.06.1	.04.9	.04.1
Winter Driving	.12.9	.10.3	.08.6
Emergencies	.16.5	.13.2	.11
Safety Maintenance	.16.5	.13.2	.11
The Positive Choice	.07.5	.06	.05
Before You Start	.10	.08	.06.7
Be Prepared	.03.8	.03	.02.5
Brakes ... Can You Depend on Yours?	.12	.09.6	.08
Vision and Driving	.07.2	.05.8	.04.8
The Time Interval Formula	.07.2	.05.8	.04.8
What You Can't See Can Hurt you	.06	.04.8	.04
Passengers - Whose Responsibility?	.11.4	.09.1	.07.6
Walk, Don't Run	.24.3	.19.4	.16.2
Drugs and Driving	.18.3	.14.6	.12.2
Fatigue	.09.6	.07.7	.06.4
Any Time is Train Time	.10.5	.08.4	.07
Did You Know?	.07.6	.06.1	.05.1
Courtesy in Caring	.06.9	.05.5	.04.6
Straight Talk on Drinking and Driving	.09	.09	.09
Occupant Restraints Save Lives	.15	.15	.15
Driving with Front Wheel Drive	.09	.07.2	.06
Light Up Your Life	.17.1	.13.7	.11.4
Portrait of a Perfect Driver	.09	.07.2	.06
Safe Self-Service	.07.2	.05.8	.04.8
Seat Belts	.08.4	.06.7	.05.6
Care, Savings and Safety	.10.5	.08.4	.07
Safe Practice Guide for Auto and Truck Repair & Servicing	1-9, $2.00;	10-24, $1.75;	25+, $1.50 each.
Get Into Gear - Motorcycle	.15.6	.12.5	.10.4
Motorcycle Buyer's Guide	.42	.33.6	.28
Motorcycle Troubleshooting	.15.6	.12.5	.10.4
Alcohol	.08.4	.06.7	.05.6
Stress	.08.4	.06.7	.05.6
Motorcycle Rider Handbook ($3.25 each)			

PUBLICATIONS (Pamphlets, Books, Posters) - continued

Traffic Safety Posters

The following traffic safety posters are available for purchase. All posters are 8 1/2" x 11" and are two colours unless otherwise noted (i.e. B & W) - Available in English (E) and French (F).

L8/F8 (B&W) Your Guests Should Enjoy the Party. Even When It's Over.
E11/F11 (B&W) If You Drive After Drinking ... KNOW WHEN TO SAY WHEN.
E13/F13 Happiness is a Safe Car.
E15/F15 There Are No Good Driving Conditions. Only Good Drivers
E16/F16 Fight Traffic Accidents With a Check. Have a Safety Check Today!
E17/F17 Drive Like You'd Like Everyone Else to Drive
E30/F30 Defensive Maintenance - Pays Off!
E42/F42 The Key To Safety is in Your Hands
E44/F44 Passengers! Whose Responsibility?
E45/F45 Use the Time Interval Formula To Maintain Your Safe Following Distance
E49/F49 Courtesy is Caring
E50/F50 Diagnose Your Driving Ills! Prevention is the Cure
Cost: (1 to 99 $.35 each) (10 to 99 $.19 each) (100 to 999 $.12 each) (1000 plus $.09 each)

Four Color Poster - 17" x 22" ...

E51/F51 "Warren" School Bus Safety (Be Watchful - Be Wise - On Weekdays and Weekends)
Cost: (1 to 99 $.67 each) (10 to 99 $.38 each) (100 to 999 $.24 each) (1000 plus $.16 each)

Promotional Materials

Canada Safety Council Traffic Safety Program

The following items are available at no cost:
Act Now! Safe Bicycling Course
Be Safe, Be Seen
You and DDC
Defensive Driving Course (DDC)
Professional Driver Improvement Course (PDIC)
Motorcycle Training Course
Motorcycle Course Registration (Tell A Friend)
"Learn to Ride" promotional poster

Miscellaneous

How To Organize and Operate a Community Safety Council $.65 each

COME JOIN US (details of how to join NSSC Seat Belt Survivors Club) -- no cost

Planned Parenthood Association of Nova Scotia

P.O. Box 1206, Halifax North
Halifax, Nova Scotia
B3K 5H4

Phone: 423-2090

AFFILIATES

Planned Parenthood of Halifax/
Dartmouth and Halifax County
3rd Floor
3115 Veith Street
Halifax, Nova Scotia
B3K 5L4

Phone: 455-9656

Pictou County Women's Centre
P.O. Box 750
Foord Street
Stellarton
Nova Scotia

Phone: 755-4647

Family Planning Resource Team
P.O. Box 1598
Sydney
Nova Scotia
B1P 6R8

Phone: no # available

Well Women and Health Awareness
c/o G. Doucet-Boudreau
RR #1, Church Point, Digby County
Nova Scotia
B0W 1M0

Phone: 769-3005

Cumberland County Family
Planning Centre
77 Victoria East
P.O. Box 661
Amherst, Nova Scotia
B4H 1X7

Phone: 667-7500

PUBLICATIONS (Pamphlets, Books, Posters)

Of Interest To Teens

Accent On You	Free
Approaching Adolescence (blue)	Free
Perils of Puberty	0.30
Problems of Puberty	0.30
She Will Always Remember You	0.30
So You Don't Want To Be A Sex Object	0.30
Stop Kidding Yourself	0.20
The Facts: Teen Pregnancy - Teen Contraception	Free
This Is You	0.30
You've Changed The Combination	0.30

Planned Parenthood Association of Nova Scotia

PUBLICATIONS (Pamphlets, Books, Posters) - continued

Family Life Education

Communication In Family Planning	Free
How To Tell Your Child About Sex	0.50
Parent's Kit: A Guide For Sex Education	2.00
Sex Education: The Parent's Role	0.50
Talking To Pre-teenagers About Sex	0.50
Schools and Parents - Partners in Sex Education	0.50

Health Maintenance (Physical and Mental)

Breast Self-Examination	Free
The Pap Test	Free
Passion Food Is Not Enough	Free
Sex After Sixty-Five	0.50
So Your Happily Ever After Isn't	0.30
This is You	0.30
Your Menopause	0.50

Pregnancy, Childbirth, And Post-partum

Development of the Baby	Free
Instructions For Nursing Your Baby	0.50
Pregnancy In Anatomical Illustrations	0.75
Sexual Activity During Pregnancy	Free
Sexual Activity After Childbirth	Free
Smoking and The Two of You	Free
Fitness and Pregnancy	Free

Vaginitis And Veneral Disease

Nearly Every Woman Gets It	0.25
Sexually Transmitted Diseases	Free
Vaginitis	Free
V.D. Handbook	0.50
Coping With Herpes	0.15

Sexuality And The Disabled

Love, Sex and Birth Control For the Mentally Retarded - A Guide For Parents, 1977	2.00
Sex and the Male Ostomate	0.75
Sex, Courtship and The Single Ostomate	0.75
Sex, Pregnancy and The Female Ostomate	0.75

Infertility

Infertility	Free

Planned Parenthood Association of Nova Scotia

PUBLICATIONS (Pamphlets, Books, Posters) - continued

Birth Control

A Book About Birth Control	0.50
Birth Control That Works	Free
Choices	0.50
Family Planning Methods	0.15
How-Not-To-Book	Free
Love and Life, Fertility and Conception Prevention	0.25
P.P.N.S. Birth Control Pamphlet	Free
Tubal Ligation	0.25
Vasectomy	0.30
Ways to Chart Your Fertility Pattern	0.25
What It Means To Become A Parent	0.25

Miscellaneous

Parenthood Is As Old As Life, Planning For It Is Not	Free
The Facts: Teen Pregnancy Teen Contraception	Free

AUDIO VISUAL AIDS (Films, Tapes, Filmstrips, Slides, etc.)

Family Living And Sex Education, Series A (Filmstrip & Tape) Ages 5-8

Beginning of Life: Plants and Fish (6 min)
Male and Female (6 min)
From Two to One (7 min)
Birth (5 min)
Growing and Learning (7 min)

Family Living and Sex Education, Series B (Filmstrip & Tape) Ages 9-11

Beginning of Life: Frogs (5 min)
Reproductive Cells (5 min)
Ovulation: Mammals (6 min)
Prenatal Development (6 min)
A Human Baby Is Born (5 min)

Living and Growing (Filmstrip & Tape) Ages 5-9

Comes From ... Grows To (9 min)
Backward Is Forwards in Reverse
Being Born (7 min)
Eggs and Things I (11 min)

Planned Parenthood Association of Nova Scotia

AUDIO VISUAL AIDS (Films, Tapes, Filmstrips, Slides, etc.) - continued

Facts And Feelings (Filmstrip & Tape) Ages 10 and Older

How D'You Feel (11 min)
What D'You Know (11 min)
Check It Out!
It Isn't Easy (15 min)
He and She

A Question of Values (Filmstrip & Tape) Ages 16 and Older

To Be Together (26 min)
To Be Alone (28 min)
A History of Contraception (23 min)

Sex Education Series (Filmstrip & Tape) Jr and Sr High

Conception and Birth
Puberty
Contraception
About V.D. - Syphilis
About V.D. - Gonorrhea

Judy and Pete (slide/tape) Ages 13 and Older
Shall We Have A Child (slide/tape) Adult
Mary and John (slide/tape) Adult
Who Needs It? (slide/tape) Adult
Oral Contraceptives (slide/tape) Adult
Intro-Uterine Devices (slide/tape) Adult
Other Methods (slide/tape) Adult
Sterilization (slide/tape) Adult
Young, Pregnant and Alone (slide/tape) Jr/Sr High
Sexuality and Communication (film) Adult
Caring and Sharing (film) Adult
Mommy-Daddy Communications (film) Adult
Like Other People (film) Adult
Purposes of Family Planning (film) Adult
Methods of Family Planning (film) Adult
Family Planning Methods (film) Adult
Another Way (film) Adult
Hope Is Not A Method (film) Jr High/Adult
The Ins and Outs of the Diaphragm (film) Adult
It Couldn't Happen To Me (film) Teens
Far Cry From Yesterday (film) Selected Adults
Are You Ready for Sex? (film) Jr/Sr High
Human Growth III (film) Jr High
When Love Needs Care (film) Jr High/Adult
Your Pelvic and Breast Exam (film) Sr High/Adult
A Family Talks About Sex (film) Adult

St. John Ambulance Association Brigade

5516 Spring Garden Road
P.O. Box 3500 South
Halifax, Nova Scotia
B3J 3J2

Phone: 454-5826

REGIONAL OFFICES

St. John Ambulance
74 Townsend Street
Sydney, Nova Scotia
B1P 5C8

Phone: 564-4189

St. John Ambulance
Amherst Branch
98 Victoria Street
Amherst, Nova Scotia
B4H 1X6

PUBLICATIONS (Brochures - Free)

First Aid

Safety Oriented First Aid Course
It's About Time You Took A First Aid Course
We Can Help
We Can Teach You
The Lifesaver
First Aid on the Farm
First Aid for Boaters

Brigade - First Aid Volunteers

There's A Place For You in the Brigade

First Aid

The Lifesaver - course for busy people

Home Health Care

Child Care in the Home
Health Care Begins at Home
Love Isn't Enough
Health Care for Seniors
There's No Place Like Home for Health Care
Home Health Care

St. John Ambulance Association Brigade

PUBLICATIONS (Posters) - continued

Types of Courses Offered By St. John Ambulance

1) Emergency First Aid Course - 8 hours @ $30.00 per person
2) Standard First Aid Course - 16 hours @ $42.00 per person
3) Heartsaver, Citizen CPR - 4 hours @ $15.00 per person
4) Basic Cardiac Life Support - 12 hours @ $30.00 per person
5) Advanced First Aid - 40 hours @ $175.00 per person
6) Method of Instruction - 40 hours @ $175.00 per person
7) Mariner/Remote Location Course - 24 hours @ $125.00 per person

First Aid Kits

1) Official First Aid Plastic Kit - $13.80 + tax - serves family or small group of people.
2) Official First Aid Kit #2 - $51.00 + tax - services 1-30 people
3) Official First Aid Kit #3 - $127.50 + tax - services 30-60 people

United Ostomy Association - Atlantic Provinces

5 Bowser Avenue
Dartmouth, Nova Scotia
B2W 1L8

Phone: 434-8154

NOVA SCOTIA CHAPTERS	President & Address
Annapolis Valley Chapter	Mr. Clyde Veinot Box 384 Middleton, Nova Scotia B0X 1P0 Phone: 825-3518
Antigonish Chapter	Mr. Barry MacNeil P.O. Box 1541 Antigonish, Nova Scotia B2G 2L8 Phone: 863-1687
Cape Breton Chapter	Mrs. Bertha Frison Reserve, Nova Scotia B0A 1B0 Phone: 849-8437
Metro Halifax Chapter	Mrs. Bertha Power 6215 Cedar Street Halifax, Nova Scotia B3H 2K1 Phone: 423-0538
Lunenburg & Queens County Chapter	Mrs. Elaine Eagle R.R. #5 Bridgewater, Nova Scotia B4V 2W4 Phone: 543-5882
Southwest Chapter	Mrs. Shirley Sullivan 102 Vancouver Street Yarmouth, Nova Scotia B5A 4K1 Phone: 742-3027
Pictou County Chapter	Mrs. Adelaide MacDonald P.O. Box 10 Merigomish, Nova Scotia B0K 1G0 Phone: 926-2806

NOVA SCOTIA CHAPTERS - continued

Truro Chapter

Mr. Peter Parker
36 Victoria Street
Truro, Nova Scotia
B2N 1Y6
Phone: 895-9641

United Ostomy Association Representative

Mrs. Bette Yetman
5 Bowser Avenue
Dartmouth, Nova Scotia
B2W 1L8
Phone: 434-8154

PUBLICATIONS (Pamphlets, Books, Posters)

The following is a listing of publications that are available from the parent organization, United Ostomy Association Office.

United Ostomy Association, Inc.
2001 W. Beverly Boulevard
Los Angeles, California 90057
Telephone: (213) 413-5510

	1-24 Copies	25 Plus Copies	
Colostomies, a Guide (English, Spanish, or Chinese)	$4. ea	$2. ea	These items can be combined to make a qty of 25.
Urinary Ostomies, A Guidebook	4. ea	2. ea	
Ileostomy - A Guide	5. ea	2.50 ea	
The Ostomy Handbook	4. ea	2. ea	
Sex and the Female Ostomate	1. ea	0.50 ea	These items can be combined to make a qty of 25.
Sex, Courtship & Single Ostomate	1. ea	0.50 ea	
Sex and the Male Ostomate	1. ea	0.50 ea	
Ostomy Review II	2. ea	1. ea	
Anatomy of Ostomy - Booklet	0.75 ea	0.38 ea	

United Ostomy Association - Atlantic Provinces

PUBLICATIONS (Pamphlets, Books, Posters) - continued

	Single Copy	Quantity
So You Have - or Will Have an Ostomy (Brochure)	n/a	$10./100
Introduction Brochures	n/a	10./100
Show and Tell - Reprint	0.50 ea	15./100
Employment of an Ostomate - Reprint	0.50 ea	15./100

	3 copies	25 copies	50 copies	100 copies
My Child Has an Ostomy - (Brochure)	$1.	$5.	$9.	$15.

More information concerning these publications may be obtained from the U.O.A. representative.

Woman's Health Education Network (W.H.E.N.)

P.O. Box 1276
Truro, Box 1276
B2N 5N2

Phone: 895-2140

WHEN is a network of women interested in many health care issues. We share health related information and assist women in developing and maintaining a healthy lifestyle for themselves and their families.

GOALS

To promote health awareness and disease prevention.
To foster an attitude of self responsibility for health maintenance and life-style decisions.
To assist in providing links to education information and support systems for women in N.S.

ACTIVITIES AND SERVICES

Resource Centre
Newsletters
Conferences and Workshops
Speakers and Referrals
Well Woman Clinic Information and Support
Network interested women and organizations around the province and encourage participation from all women.

PUBLICATIONS (Pamphlets, Books, Posters)

Books, pamphlets, conference preceedings, newsletters, periodicals, resource manuals and other resource materials on such topics as:

Aging
Cancer and Treatment
Childbirth and Breastfeeding
Child Health and Safety
Drugs and Pharmaceuticals
Environmental Health
Family Planning
Family Violence
Food and Violence
Gynecology
Health Care Delivery
Health Education
Health Politics
Hormones
Mental Health
Menstruation and Menopause
Occupational Health
Pregnancy and Maternal Health
Preventive Medicine
Self-Help
Sexual Assault
Sexual Health
Well Women Clinics
Women's Health

OTHER HEALTH RELATED AGENCIES AND ASSOCIATIONS LOCATED WITHIN NOVA SCOTIA

Atlantic Provinces Resource Centre
For the Hearing Handicapped
P.O. Box 308
Amherst, Nova Scotia
B4H 3Z6

Phone: 667-3808

Birthright Pregnancy Service
5211 Blowers Street, Suite 10
Halifax, Nova Scotia
B3J 1J5

Phone: 422-4408

Canadian Association For the
Mentally Retarded
83 Portland Street
Dartmouth, Nova Scotia
B2W 3E6

Phone: 469-1174

Environmental Health Division
N.S. Department of Health
P.O. Box 488
Halifax, Nova Scotia
B3J 2R8

Phone: 424-4034

Epilepsy Nova Scotia
Box 3070, Halifax
Nova Scotia
B3J 3G6

Phone: 454-7595

Gerontology Association of N.S.
Box 1312
Wolfville, Nova Scotia
B0P 1X0

Phone: 542-9327

N.S. Association for Children
With Hearing Disabilities
P.O. Box 604
Halifax, Nova Scotia
B3J 2R7

Phone: 443-2301

Ecology Action Centre
Old Provincial Archives Bldg.
University Avenue
Halifax, Nova Scotia
B3H 3J5

Phone: 422-4311

N.S. Milk Foundation
Box 33, Site 12
RR #3, Armdale
Halifax Co., Nova Scotia
B3L 4J3

Phone: 876-7722

Nutrition Services
N.S. Department of Health
P.O. Box 488
Halifax, Nova Scotia
B3J 2R8

Phone: 424-5925

Occupational Health Services
N.S. Department of Health
P.O. Box 488
Halifax, N.S. B3J 2R8

Phone: 424-4428

Poison Control Centre
IWK Hospital for Children
5850 South Street, PO Box 3070
Halifax, Nova Scotia
B3J 3G6

Phone: 424-6161